'PERFECT STORM' FOR HEART DISEASE, PG 5

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Celebrity pg 37

Gibson believes men are dogs

## Metro and Foursquare join forces

**NETWORK** Metro has formed a partnership with Foursquare, one of the world's fastest growing social networks. Foursquare is a location-based social network that lets players use their mobile phone to "check in" to places in their city and announce their whereabouts to friends. Metro will add its location-specific editorial content to the Foursquare service. People who choose to follow Metro on Foursquare will receive alerts when they're close to one of those locations.

METRO NEWS SERVICES

**News on the Move**

**What's this barcode for?**
*Learn how to scan the barcode with the instructions at the top of pg 3*

**Vancouver Games**

**Countdown to 2010**

**Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.**

- **Today — Hockey injuries give Yzerman anxious moments, page 17**

**On the web**

**Visit metronews.ca for news updates**

## Adam Lambert **Fandemonium**

MUCH MUSIC PHOTO

Adam Lambert congratulates a fan yesterday after a singing contest on MuchOnDemand. Ear-piercing screams met the American Idol runner-up at MuchMusic headquarters as he promoted his album For Your Entertainment.

# Follow the money

## Concerns raised about Haitian relief accountability

**Haiti Crisis**

**Canada and the U.S. warned Haitian relief should be carefully tracked so it's not squandered or stolen, but no firm plan emerged from yesterday's international meeting on how to follow the money.**

As expected, no financial commitments were made at the international talks hosted by Canada as major players, including U.S. Secretary of State Hillary Clinton, bristled at suggestions their summit achieved nothing.

The International Monetary Fund, however, said it plans to inject $100 million into Haiti's treasury later this week — an emergency, no-interest loan — but dismissed calls for immediate debt relief.

Foreign Affairs Minister Lawrence Cannon hosted the one-day conference involving more than a dozen foreign ministers, who made a 10-year commitment to rebuild the country decimated by the Jan. 12 earthquake. They also agreed to convene a major donors' conference in March that will be hosted by the United States.

THE CANADIAN PRESS

MORE COVERAGE, PAGES 4, 8

## Mom says thugs took BlackBerry

**SUBWAY** It was supposed to be a quiet subway ride to work. But Lara Brown, 30, who is three months pregnant, was robbed Sunday at one of Toronto's poshest subway stops.

Her BlackBerry was taken from her — in what police are calling a snatch-and-grab — as she rode the subway from Wilson station toward downtown.

She says about six rowdy 20-somethings were on the train and grabbed the phone, then got off the subway at St. Clair West. Because she is pregnant and has another child, Brown, scared and shocked, let her assailants take the phone and continued on to work.

Brown said a police operator told her there have been a growing number of similar incidents on the TTC. But Toronto police media spokesperson Const. Tony Vella said he is not aware of an increase in cellphone or iPod robberies on the TTC. TORSTAR NEWS SERVICE

**Tip**

- Toronto police Const. Tony Vela advises that anyone with a new cellphone, BlackBerry or iPod should record the make, model and serial number to make chances of recovery and prosecution easier. He also said people should be aware of their surroundings when riding the subway and keep electronic items close to their bodies.

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# Local

## Kaylee's dad left man 'beaten, alone'

**A beating victim is accusing Jason Wallace, left, whose infant daughter Kaylee captured intense media attention with her battle for survival, of destroying his life. "Why did you have to leave me scared, beaten and alone in the dark?" asked Yusab Abdel-Meseeh, 23, as he read out his victim impact statement at Wallace's sentencing hearing yesterday. "Why did you have to destroy my life?" Wallace, 34, pleaded guilty in November to being an accessory after the fact to aggravated assault and robbery of his then-friend, Abdel-Meseeh. The hearing continues today.** TORSTAR NEWS SERVICE

## News in brief

**JUNOS** The Juno Awards will celebrate its 40th anniversary with a return to Toronto in 2011. Organizers have announced that next year's show will be broadcast from the Air Canada Centre March 27, 2011. The show hasn't been to Toronto since 2000, when the Moffatts hosted the show at the SkyDome. Organizers have not yet announced a host for the show.

THE CANADIAN PRESS

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## Tomorrow's Metro

**West View**
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

## metronews.ca

WHAT'S ONLINE TODAY

**Video** PETA claims credit for delivering a pie to the face of Canada's fisheries minister during Ontario speech at **metronews.ca/canada**

**Video** Stephen Harper and Hillary Clinton lead a push for accountability on Haiti relief funds at **metronews.ca/canada**

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# New checklist for EMS: Report

**Ambulance supervisors must now go to the scene when paramedics decide to delay their response to an emergency call, says Bruce Farr, the chief of Toronto's Emergency Medical Service.**

In addition, paramedics are to be been given a checklist of questions that must be answered when they think it's necessary to delay responding.

The practices result in part from the death of Jim Hearst on June 25, when two paramedics who had been directed to respond parked their vehicle nearby but did not go to the scene.

Paramedics can delay their response if they think their health and safety is threatened.

Hearst had been found bleeding on the floor near the entrance to his apartment building at 40 Alexander St. It took more than 30 minutes from the time of the first 911 emergency call until the first medical help arrived.

The ambulance service was on reduced staff because of the municipal workers' strike at the time of Hearst's death, but ambulance officials have said emergency response times should not have been affected.

Following Hearst's death, a unit of the Ontario health ministry made a number of recommendations about how to handle delays.

Yesterday, a working group of city and provincial officials and union officials made more recommendations. TORSTAR NEWS SERVICE

### EMS Recommendations

- They include making sure a management supervisor is informed of the decision to delay. A supervisor must then go to the scene. Bruce Farr said that's been the practice since last summer, but a formal directive to supervisors will be issued within the next few days. If paramedics do delay, both the paramedics and the supervisor will have to fill out reports explaining the circumstances. One of the questions is: "Has the crew directly observed and assessed the scene?" That was an issue in the Jim Hearst case, Farr said. The paramedics responding parked nearby, but couldn't see Hearst or those who were trying to help him.

## Pedestrian death toll rises to 14

**ACCIDENT** Two more pedestrians died yesterday after the 35-year-old Woodbridge man who was hit by a streetcar Sunday died in hospital and a woman was hit at an intersection last night.

The most recent victim is believed to be a woman in her 30s. She was struck by a vehicle at the intersection of Davenport Road and Symington Avenue around 6:30 p.m.

Her death marks the 14th pedestrian fatality in the GTA this month.

The intersection was closed for an investigation.

Meanwhile, the pedestrian who walked directly into the path of a streetcar on Queen Street East early Sunday succumbed to his injuries yesterday. TORSTAR NEWS SERVICE

## Weather **Wet and wild winter ride**

ANDREW WALLACE/TORSTAR NEWS SERVICE

A man walks through foggy and soggy Monarch Park yesterday in Toronto. Toronto Police issued a pubic safety alert yesterday, warning residents about ice conditions in the city. Environment Canada forecasts we'll be back in the negative numbers as the mercury drops to a low of -3 C today.

## Ontario honours citizen's best

**AWARD** Businessman Paul Godfrey and CTV news anchor Ken Shaw are among 29 new appointees to the Order of Ontario.

Godfrey, the CEO of the National Post, was recently tabbed to oversee the troubled OLG.

Shaw is being recognized for his work on behalf of Toronto-area charities and community events.

Also on the list is Samantha Nutt, a family physician who co-founded War Child Canada and Dr. James Orbinski of Toronto, a founding member of Doctors Without Borders. THE CANADIAN PRESS

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Scan this barcode to see the full list of the Order of Ontario appointees, or find it at metronews.ca/local

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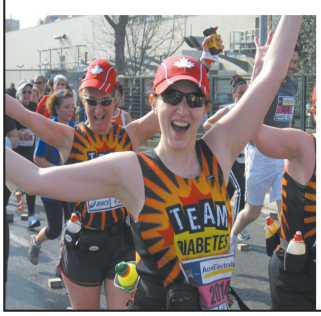

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**Women's Post leader plans to run for mayor**
Sarah Thomson, CEO and founder of Women's Post Media, is expected to enter the Toronto mayor's race today. METRO NEWS SERVICES

# Students 'saving lives'

## 12 Toronto schools pitching in to help Haiti

**Haiti Crisis**

**Since a devastating earthquake struck Haiti Jan. 12, schools across Toronto have been raising money to help the island nation.**

One school held a bake sale last week and raised more than $1,300. Another held a fundraising walk and raised $3,000. Another is planning a benefit concert. In all, $14,000 has already been raised for Haiti by Toronto schools.

During an assembly yesterday at Monarch Park Collegiate, where the halls are covered with newspaper clippings of the catastrophe, students from 12 inner-city schools received words of gratitude from delegates including Lt.-Gov. David C. Onley.

"A torch has been passed to you," Onley said. "You are exemplifying the best of what it means to be Canadian."

Free the Children founder Craig Kielburger, who just returned from a weeklong mission to Haiti, spoke to students about the devastation he saw and the impact of money donated. "Thank you for literally saving lives," he said.

The auditorium was silent; all eyes were on the images flashing across the screen of the children Kielburger met in Haiti.

Before presenting Kielburger with a $3,000 cheque, Monarch Park student council president Wendy Lau said: "I have never been more proud to call myself a student of Monarch Park."

Free the Children will turn the $3,000 into $30,000 worth of medical supplies through a partnership with World Medical Relief.

Kielburger implored students not to forget about Haiti. "It needs ongoing, long-term support," he said. "Spread the message."

HEATHER BUCHAN /FOR METRO TORONTO

From left: Craig Kielburger, founder of Free the Children, Ontario Citizenship and Immigration Minister Dr. Eric Hoskins, Ruth Ann Onley, Lt.-Gov. David Onley and Mark Kielburger.

HEATHER BUCHAN/FOR METRO TORONTO


# Dazed And Confused

## Most Drivers Lost When Looking For The Lowest Car Insurance Rates

### Why Is It So Hard To Find The Best Rates?

The truth is, it isn't as difficult as it seems once you know where to look. It pays to shop around – and car insurance is no different. But with so many insurance companies providing car insurance in Ontario, getting references and competitive quotes from everyone takes too much time, right? Wrong. This is where InsuranceHotline.com can help. InsuranceHotline.com offers an independent, unbiased rate comparison from over 30 insurance companies to find you the lowest rate for your profile. It is fast, safe and FREE.

### Does It Really Pay To Shop Around?

Most consumers fail to realize that the rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. The key to finding the best rate is to figure out which insurance company has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

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By contrast, most websites offering to "compare insurance quotes" are owned by or affiliated with insurance brokers or agents and are therefore only capable of quoting rates from the limited number of insurance companies they represent, typically no more than 4 or 5.

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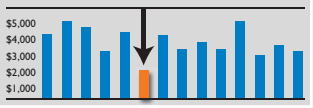


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**Mountie killed in Haiti quake returns home**
The body of a Mountie killed in the earthquake in Haiti arrived back in his home province of New Brunswick yesterday. A flight carrying the remains of Sgt. Mark Gallagher touched down at the airport in Moncton, where his family and many others were waiting. THE CANADIAN PRESS

# Canada

## Toronto housing 'severely unaffordable'

**A report says urban land use policies are making homes almost unaffordable in markets around the world including Vancouver, Toronto and Montreal. The Demographia International report looked at 272 metropolitan markets in Canada, the U.S., the U.K., Australia, New Zealand and Ireland. The report says Vancouver is the most unaffordable market in the world when median housing sale values are compared to median household incomes. It says Toronto is in the severely unaffordable category.** THE CANADIAN PRESS

# Colvin targeted: Lawyer

**TESTIMONY** A lawyer for the whistle-blower in the Afghan detainee issue says Richard Colvin has a "reasonable belief" that the Conservative government is retaliating against him for his damaging torture testimony late last year.

Colvin's Toronto lawyer, Owen Rees, makes the accusation in a letter sent to the Military Police Complaints Commission yesterday.

Rees says the government has essentially stopped paying Colvin's legal bills since November, when the diplomat told a Commons committee that several senior government officials were aware that Canadian Forces in Afghanistan were handing over detainees to be tortured by Afghan authorities in 2006.

"Coupled with the government's public attacks on Mr. Colvin and his testimony before the special committee on the Canadian mission in Afghanistan … our client is left with the reasonable belief that the denial of legal indemnification is a reprisal for his participation before the committee and the commission," the letter says.

The latest Colvin development comes with Parliament suspended until March, leaving opposition MPs without their usual forum to tackle the issue. The opposition has accused Prime Minister Stephen Harper of proroguing Parliament to stifle the whole Afghan detainee issue.

Colvin is entitled to legal representations as a federal civil servant who was summoned to testify about his work in Afghanistan. The government agreed to provide some funding for independent counsel after his original lawyer argued in the months prior to his testimony that the Justice Department could not represent parties on both sides of the dispute, given the risk of a conflict of interest. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS
Intelligence officer and ex-diplomat Richard Colvin, seen testifying at a Commons special committee in Ottawa in November.

# Young adults at risk of heart disease: Report

## Burden on health-care system expected

**Canada faces a "perfect storm" of heart disease, with younger adults at increased risk of earlier onset of heart disease and the huge baby boom generation approaching their senior years, the Heart and Stroke Foundation warned yesterday.**

In its annual report card on the heart health of Canadians, the organization said the looming phenomenon will place an unprecedented burden on Canada's cardiovascular care system.

It's a situation governments can no longer afford to ignore, said Stephen Samis, the foundation's director of health policy.

**"The face of heart disease is changing. So if you're young, you're not immune to it in the long run."**
Dr. Beth Abramson

"For a number of provinces, over 40 per cent and moving towards 50 per cent of provincial budgets are now focused on health care after we become sick," he said at a news conference.

"And we have to turn that and start to focus on the things that will keep us healthy and out of the health-care system if we hope to fund anything else down the road."

The organization said inactivity and rising obesity rates are afflicting young adults aged 20 to 39, a group the foundation said it now considers at risk for heart disease.

"The face of heart disease is changing. So if you're young, you're not immune to it in the long run," said Toronto cardiologist Dr. Beth Abramson, who is a spokesperson for the Heart and Stroke Foundation.

Abramson said she now sees younger patients who have some of the risk factors of heart disease. THE CANADIAN PRESS

## Quebec pension looks to rebound

**INVESTING** The head of Quebec's giant pension fund manager is promising a return to "plain old common sense" when it comes to investing money that will be used to pay pension benefits to millions of Quebecers.

Michael Sabia, who has been president and CEO of the Caisse de depot et placement du Quebec since last March, has set out a list of priorities to be met in the next 18 months.

Like other fund managers, Caisse was hurt by the global financial crisis losing $40 billion in 2008. THE CANADIAN PRESS

## Man allegedly taped people using washroom in his house

**CHARGED** Waterloo Regional Police have charged a 56-year-old Kitchener man with voyeurism, alleging he used a secret camera to videotape people in a washroom in his home.

The accused faces a total of 10 criminal charges involving 10 alleged victims — friends, relatives and work colleagues — who were guests in the home over a period of almost three years.

Police say they were alerted by a resident after images of an unoccupied bathroom appeared on a monitor in a vehicle.

The vehicle is equipped with a camera that displays the view from the back of the vehicle and sends it to a monitor inside.

Police armed with a search warrant seized computer equipment from a Kitchener home last Nov. 20 and investigators allege they found images of 10 people on the computer hard drives.

The name of the accused is not being released to prevent identifying the alleged victims. THE CANADIAN PRESS

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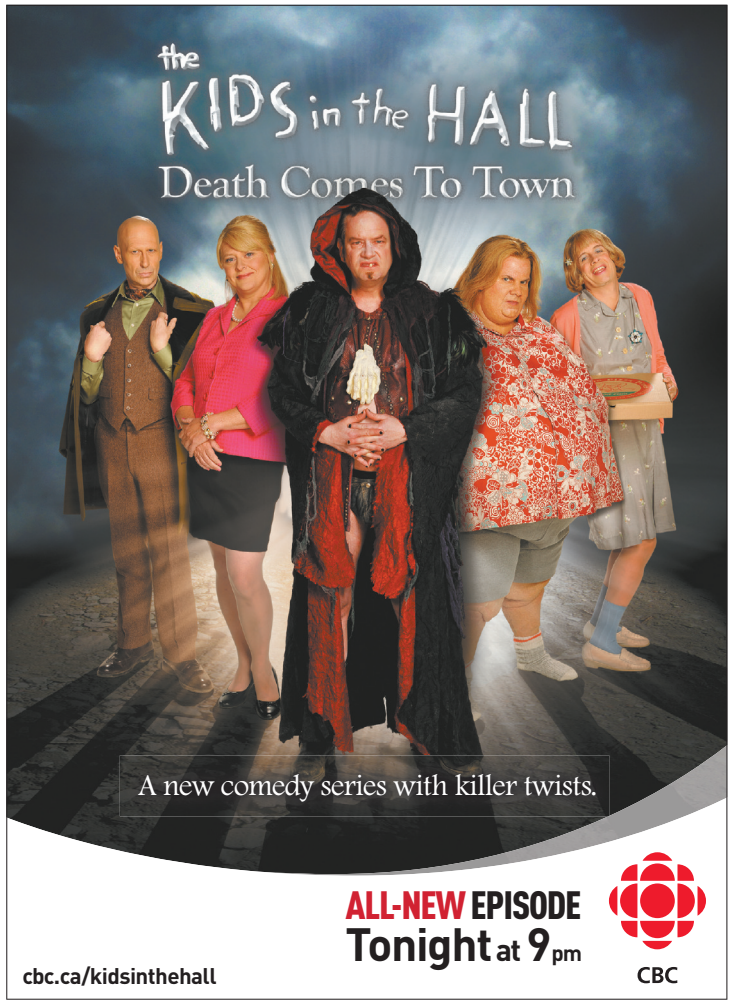
SCANLIFE
As a sense of normalcy sets on Kandahar, some are fearful more Canadian troops will mean more violence. Scan this code for the story.

## News in brief

**BUDGET** Alberta's Tory government and a major labour group are sparring over potential job losses that will result when a tight-fisted provincial budget is tabled next month. The Alberta Federation of Labour is projecting up to 60,000 job losses.

**FUNDING** Seven research and development projects in Nova Scotia are getting $16.7 million in funding from the Atlantic Canada Opportunities Agency. THE CANADIAN PRESS



**Arrest made in cat torture case**

Police in Windsor, Ont., have arrested a youth after a cat was tortured and killed earlier this month. The unidentified youth was arrested early yesterday and will be arraigned in court on two counts of cruelty to animals including causing unnecessary pain and suffering to an animal. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff talks to reporters in the foyer of the House of Commons yesterday as he stands with his caucus on Parliament Hill in Ottawa.

# Iggy wants stricter rules on prorogation

**Liberals and New Democrats are joining forces in a bid to ensure Prime Minister Stephen Harper never again shuts down Parliament to avoid a confidence vote or silence opposition questions on burning issues.**

The Bloc Québécois is supportive in principle, but it's warning that efforts to rein in the prime minister's power to prorogue Parliament might not be constitutional. It's reserving judgment until it sees the fine print of the proposals.

Harper isn't waiting to see if the three opposition parties muster sufficient numbers to limit his power. His office is already raising the spectre of an opposition "coalition" conspiring once again to "usurp" power.

Liberal Leader Michael Ignatieff chose yesterday — the day Parliament had been scheduled to resume until Harper suspended its operation until March 3 — to announce his party's proposals for changing the parliamentary rules on prorogation.

The proposals would prevent the prime minister from proroguing for longer than one month or within a year of the last suspension of Parliament or when he's facing a confidence vote, unless a majority in the House of Commons consents.

The proposals would also require the prime minister to give at least 10 days written notice of his intention to prorogue, spelling out his specific reasons for doing so, and allow a full debate on the matter in the Commons.

And they would allow parliamentary committees to continue to function while Parliament is suspended. That measure derives from the opposition conviction that Harper's latest prorogation was designed to silence a special committee looking into the Afghan detainee controversy.

THE CANADIAN PRESS

ShareYourViews
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## Niagara Falls duo to drive at Games

VANCOUVER 2010 Games

**TRANSPORTATION** Transit operators from across Canada have been recruited to British Columbia to drive Olympic bus routes during February.

Among those taking a working holiday are Niagara Falls bus drivers Sandra McCloy and friend Margaret Gilbert.

They both work for public transport agency Niagara Falls Transit and are flying west this week to begin a month-long stint driving buses in Whistler as part of the Olympics.

McCloy said that her background in driving sightseers around in tourism-heavy Niagara Falls should prepare her for the international traffic about to descend upon Whistler Village and the outlying Sea-to-Sky corridor.

DEREK MOSCATO /FOR METRO CANADA

## Budget can only be balanced through deep cuts or tax increases: Economist

The ballooning federal budgetary deficit will likely add more than $200 billion to the national debt and may prove difficult to tackle without tax increases, says a new analysis from Dale Orr Economic Insight.

The fresh look at the deficit — which the government reports is well on the way to a record $56-billion shortfall this year — casts in doubt the Harper government's contention that it can grow itself out of the hole.

But the new estimates also didn't completely side with the assessment by Parliamentary budget officer Kevin Page that the deficit has become chronic, or structural.

Jim Flaherty

Instead, economist Dale Orr, who has often written on the government's fiscal position, comes down somewhere in between.

> **"The government's plan is not realistic on either the revenue or the spending side."**
> Dale Orr, economist

Finance Minister Jim Flaherty has brushed aside Page's findings of a structural deficit as mere "speculation," but has not given a date for balancing the books.

Orr agreed that the government could grow out of the budgetary deficit in seven years, given current projections of economic activity.

But he said Flaherty could only achieve that goal if he somehow managed to curtail annual growth in spending to an average of three per cent — less than half the rate of increase prior to the recession, when the economy was thriving.

With inflation likely to average about two per cent and Ottawa pledging not to slash transfers to provinces and individuals by much more than inflation, that's a Herculean task, Orr said.

"The government's plan is not realistic on either the revenue or the spending side," said Orr. "Furthermore, it is misleading, and beyond that, it is not the best route to deficit elimination."

Orr says Ottawa could get itself out of the hole by temporarily restoring the GST to seven per cent for two years starting in 2015, which would eliminate the deficit that year.

THE CANADIAN PRESS

## Whistler to host Pride House

Gay and lesbian visitors in Whistler for the Winter Games will have a place to call their own at Pride House, the first-ever Olympic pavilion geared towards that community.

Pride House will keep its doors open for the duration of the Olympic and Paralympic Games, turning a space in a Whistler hotel into a hip cocktail lounge where visitors can watch Olympic events on TV or just have a few drinks and hang out.

Organizer Dean Nelson of the group Gay Whistler says it's not just for gay and lesbian visitors, but anyone who wants to show their support in a safe space.

VANCOUVER 2010 Games

Nelson says his group isn't aware of any openly gay athletes competing next month, but says it's important to start a conversation about homophobia in sport.

Former Canadian Olympic swimmer Mark Tewksbury, who won gold at the 1992 Summer Games in Barcelona, says he plans to visit Pride House.

THE CANADIAN PRESS

## Wicked winter storm paralyzes prairies

**WEATHER** Saskatchewan started digging out yesterday while Manitoba dug in as a massive blizzard moved slowly through the region making driving treacherous, knocking out power and even paralyzing snow plows.

The storm cut a wide swath across Saskatchewan over the weekend, dumping nearly 30 centimetres of snow in many areas from Saskatoon south to Regina. As many as 45 cm fell in Cypress Hills near the Saskatchewan-Alberta boundary.

THE CANADIAN PRESS

**Protecting Sable Island**
The federal and Nova Scotia governments are moving to provide permanent protection for Sable Island, an ecologically-sensitive spit of land about 290 kilometres southeast of Halifax in the Atlantic Ocean. THE CANADIAN PRESS

# Rana pleads not guilty

## Canadian charged with planning Mumbai terror attack

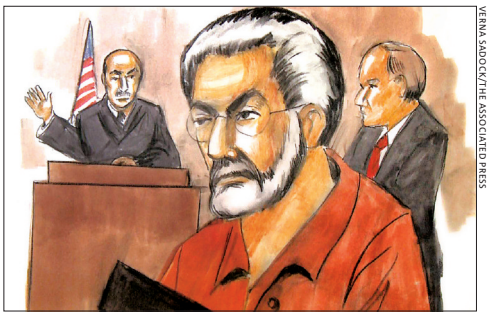
**A Pakistani-born Canadian, accused of leading a double life as an international terrorist, pleaded not guilty yesterday to playing a role in the 2008 terrorist attacks in the Indian city of Mumbai.**

Tahawwur Hussain Rana, 49, who has been a Chicago resident for more than a dozen years, also pleaded not guilty to charges that he helped to lay the groundwork for a terrorist attack on a Danish newspaper.

Rana appeared before U.S. Magistrate Judge Arlander Keys in the orange jumpsuit of a federal prisoner and wearing leg irons that rattled when they caught momentarily in the wheel of a courtroom chair. If convicted, he could get life in prison.

Rana and one of his co-defendants, David Coleman Headley, 49, is charged with helping to lay the groundwork for the Mumbai attacks. Ten terrorists rampaged through the city with guns and explosives in November 2008, killing 166 people. Nine were shot and killed and the tenth is in custody in India.

THE CANADIAN PRESS



VERNA SADOCK/THE ASSOCIATED PRESS

This courtroom artist's drawing shows Tahawwur Hussain Rana, centre, as he appeared in Chicago's federal court.

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## New Yorker charged after minister pied

**PETA** Police have charged a woman with assault after a pie was pushed into the face of federal Fisheries and Oceans Minister Gail Shea yesterday in Burlington.

Shea was delivering a speech at the Canada Centre for Inland Waters to open the Aquatic Life Research Facility.

Halton regional police say a woman stood up in the front row and pushed the "shaving cream pie" squarely into Shea's face.

The animal-rights group PETA claimed responsibility.

Emily McCoy, 37, of New York City, was taken into custody and charged with assault.

THE CANADIAN PRESS

## News in brief

**OUTAGE** Freezing rain and other weather related issues knocked power out to more than 6,900 Hydro One customers yesterday. The hardest hit area was Manitoulin Island, where 5,466 homes and businesses were without power.

THE CANADIAN PRESS

## Military can handle heavy workload: Defence minister

**SECURITY** Canada's military can carry its current workload in Afghanistan, Haiti and the upcoming Vancouver Olympics, Defence Minister Peter MacKay said yesterday.

MacKay, speaking after a funding announcement in Halifax, said there's no doubt the military is currently "firing on all cylinders" and is operating at a "very high tempo."

But he added that the question remains, "For how long?"

Peter MacKay

MacKay didn't answer his own question, but he said the military is adept at planning for contingencies and is now flexible in its ability to respond to international crises because of newer equipment such as the C-17 heavy-lift aircraft.

Meanwhile, he said there has been no cap placed on the length of the mission to earthquake-ravaged Haiti, where up to 2,000 Canadian military personnel will be deployed.

"That appears to foot the bill in terms of the need currently" said MacKay. "We still have some soldiers to deploy from CFB Valcartier, but the numbers there on the ground are sufficient to the work that we are doing."

Canada has over 2,500 troops in Afghanistan and another 4,000 are expected to support security efforts at next month's Olympic Games.

MacKay said many reserve units have stepped forward to bolster the ranks.

"They have really stepped up during this time both for the Afghanistan mission, but in particular to Haiti as well," MacKay said.

According to military figures about 90,000 regular force and reserve personnel comprise the ranks of the Canadian Forces.

THE CANADIAN PRESS

**Growers to battle for marijuana crown in Aspen**

A cannabis festival in the Colorado ski resort town of Aspen this spring will allow growers to put their strains in a contest. The Western Slope Cannabis Crown will have about 50 medical marijuana growers enter their strains of weed. THE ASSOCIATED PRESS

# World

## Pope calls for Christian unity

**Pope Benedict XVI says the world is marked by religious indifference and a "growing aversion" to Christianity. The pontiff also is urging Christians to overcome their differences through dialogue so that they can unite their efforts to influence debates in society on ethical issues such as abortion, euthanasia and the limits of science and technology.** THE ASSOCIATED PRESS

# Where do they go now?

## One in nine now homeless, government urges people to leave capital

**Haiti** Crisis

**The collapse of much of Haiti's capital has a large part of the nation struggling just to find a place to sleep.**

As many as one million people — one person in nine across the entire country — need to find new shelter, the United Nations estimates, and there are too few tents, let alone safe buildings, to put them in.

That leaves about 700,000 other people living on the streets around Port-au-Prince under whatever they can salvage.

In the case of Jean Anthony's family, that's a blue plastic tarpaulin for a ceiling and a faded pink sheet with a floral print border for two walls.

"I'm not sure what you'd call it, but it's much more than terrible," said Anthony, the 60-year-old owner of a collapsed restaurant. Thousands of people were camped around him yesterday across from the collapsed National Palace, amid piles of trash and the stench of human waste.

"We live like dogs," said Espiegle Amilcar, an unemployed 34-year-old who has been staying under a sheet of plastic nearby. Aid organizations say they are collecting tents, but few so far are in evidence. And the International Organization for Migration, an intergovernmental agency, says it could take experts weeks to search out suitable sites for enough tent cities to hold earthquake refugees.

Haiti's government wants many of the homeless to leave the capital city of two million people, to look for better shelter with relatives or others elsewhere.

An estimated 50,000 to 100,000 people have returned to the region around the coastal city of Gonaives in northern Haiti, a city abandoned by many after two devastating floods in six years.

"Living in Port-au-Prince is a problem. Going to Gonaives is another problem," said Maire Delphin Alceus. "Everywhere you go is a problem. If I could, I would have left this country and been somewhere else by now. But I have no way to do that." THE ASSOCIATED PRESS

RODRIGO ABD/THE ASSOCIATED PRESS

A woman stands with her son at a makeshift refugee camp in Port-au-Prince yesterday.

### Urgent meeting

- The UN says its top human rights body will hold an urgent meeting tomorrow on Haiti. The special session of the Human Rights Council was requested by Brazil.

## England **Boy rides for Haiti**

TIM IRELAND/THE ASSOCIATED PRESS

Charlie Simpson waves during his five mile bike ride around South Park in London on Sunday. The young British boy has raised nearly $160,000 US for Haiti's relief effort. The seven-year-old was so upset by images of the earthquake that he asked his mother if she could help him set up a sponsored ride.

## Panel report on veils due

**FRANCE** A French parliamentary panel will recommend a ban on face-covering Muslim veils in public areas from hospitals to schools but will stop short of pressing for the garb to be outlawed in the street, the panel's president says.

The panel's report due today culminates a six-month inquiry into the wearing of all-encompassing veils that began after President Nicolas Sarkozy said in June that they are "not welcome" on French territory. THE ASSOCIATED PRESS

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SCANLIFE

Gov. Arnold Schwarzenegger tells Californians they have a right to be angry. Scan this code for the story.

## **News** in brief

**IRAN** In a major shift, a senior opposition figure announced he now recognizes Mahmoud Ahmadinejad as the head of Iran's government while standing by his claims that the election was rigged, the opposition leader's son said yesterday. Mahdi Karroubi's new position is a retreat from his statements following the June 12 presidential election, when he insisted Ahmadinejad's government is illegitimate. THE ASSOCIATED PRESS

**Ex-Guatemalan president accused of money laundering**
Former Guatemalan president Alfonso Portillo has been charged with money laundering in a U.S. court. An indictment unsealed yesterday in New York accuses him of laundering millions of dollars starting in 2000. THE ASSOCIATED PRESS

# 90 feared dead after plane plunges into sea

## Lebanese officials rule out terrorism in pre-dawn crash of Ethiopian Airlines jet

**The first sign of trouble was a flash of light on the horizon yesterday — and then witnesses said the Boeing 737 tumbled like "fire falling down from the sky" into the stormy Mediterranean Sea.**

All 90 aboard were feared dead in the pre-dawn crash. Lebanon's leaders ruled out terrorism while investigators collected witness accounts in hopes they could provide clues. Aviation experts cautioned it was too early to know what brought down the Ethiopian Airlines jet — particularly without the black boxes.

Many people were giving DNA samples to help identify the remains of their loved ones; one man identified his three-year-old nephew by the boy's overalls.

At the Government Hospital in Beirut, Red Cross workers brought in bodies covered with wool blankets as relatives gathered nearby. No survivors had been found by nightfall, and the health minister told reporters 21 bodies were recovered. Marla Pietton, wife of the French ambassador to Lebanon, was among those on board, according to the French Embassy.

The Boeing 737-800 took off about 2:30 a.m. local time in driving rain, lightning and thunder, and went down 3.5 kilometres off the coast, said Ghazi Aridi, the public works and transportation minister.

Hours after the crash, pieces of the plane and other debris were washing ashore, including a baby sandal, passenger seats, a fire extinguisher, suitcases and bottles of medicine.

The Lebanese army said the plane was on fire shortly after takeoff. A defence official said some witnesses reported the plane broke up into three pieces. THE ASSOCIATED PRESS

### Cause?

- Aviation safety analyst Chris Yates said reports of fire could suggest "some cataclysmic failure of one of the engines" or that a bird or debris had been sucked into the engine.

HUSSEIN MALLA/THE ASSOCIATED PRESS

Relatives of passengers of the Ethiopian Airlines plane that crashed in the sea react upon their arrival yesterday at Beirut airport in Lebanon. The plane carrying 90 people crashed into the Mediterranean Sea early yesterday just minutes after takeoff, Lebanon's transportation minister said.

## Japanese PM promises to review U.S. base move

**OKINAWA** Japan's prime minister pledged yesterday to "start from scratch" in re-examining a key military deal with Washington on relocating American troops, risking the ire of its key ally after a local election in Okinawa showed residents oppose any new marine base in their region.

The U.S. reacted cautiously yesterday, issuing a statement that it was "consulting closely" with Tokyo on the issue.

After the small Okinawan city of Nago elected a mayor opposed to moving the facility there, Japan will be hard-pressed to honour its 2006 agreement to relocate a U.S. military base on the southern island. Sunday's vote is reverberating to Tokyo and beyond, widening an already growing rift with Washington.

Prime Minister Yukio Hatoyama appears to be caught in a no-win situation of either antagonizing local citizens or Japan's main alliance partner. With upper house elections this summer, he can't run roughshod over voters' voices.

Japanese officials have examined other possible locations on Okinawa, and some have even travelled to Guam to look for alternative relocation sites, but none have fit the bill. And Washington has insisted on sticking with Nago.

THE ASSOCIATED PRESS

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## Leaders hope to salvage N. Ireland coalition

**DISPUTE** The British and Irish governments launched a mission yesterday to save Northern Ireland's unraveling administration, a Catholic-Protestant coalition that was supposed to forge a lasting era of non-violent compromise.

The British and Irish prime ministers, Gordon Brown and Brian Cowen, arrived together at Hillsborough Castle and vowed to do what they could to persuade local leaders not to pull the plug on power-sharing.

At stake is the core of the Good Friday accord of 1998: A cross-community government for Northern Ireland drawn equally from the British Protestant majority and Irish Catholic minority.

**"We believe the outstanding issues are resolvable."**
Irish PM Brian Cowen

The major Irish nationalist party, Sinn Fein, is warning it will withdraw from the two-year-old coalition unless the Protestant side accepts the need to transfer control of Northern Ireland's justice system from Britain to local hands.

Britain and Ireland both back the transfer. Sinn Fein formally accepted the authority of the Northern Ireland police as part of the deal, ending decades of support for Irish Republican Army attacks on the security forces.

But the Protestants of the Democratic Unionist Party are blocking the move until Sinn Fein meets other demands, including permission for Protestant fraternal groups to parade near Catholic districts.

"We believe the outstanding issues are resolvable," Cowen said. "We believe with goodwill, determination and good faith on all sides that it should be possible to do that."

THE ASSOCIATED PRESS

## Bombers strike 3 hotels in Baghdad

**IRAQ** Suicide bombers struck in quick succession yesterday at three Baghdad hotels favoured by Western journalists in assaults that killed at least 37 people and wounded more than 100.

The attacks were another blow to an Iraqi government already struggling to answer for security lapses that have allowed bombers to carry out massive attacks in the Iraqi capital since August.

The blasts were launched over a span of 15 minutes, shortly before Iraq announced it had hanged Saddam Hussein's notorious henchman "Chemical Ali" and gave rise to speculation about possible links to the attacks.

The first explosion struck near the Sheraton Hotel, along the Abu Nawas esplanade across the Tigris River from the Green Zone. The force of the blast toppled a row of 10-foot, seven-ton concrete blast walls protecting the site, tore cars apart and damaged a number of other buildings.

Two other blasts followed minutes later, striking near the Babylon Hotel and Hamra Hotel, which is popular with Western journalists and foreign security contractors

No Westerners were reported killed or seriously injured in any of yesterday's three attacks.

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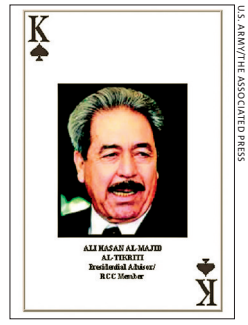



U.S. ARMY/THE ASSOCIATED PRESS

**Ali Hassan al-Majid, the former high-ranking Iraqi official known as "Chemical Ali," is shown as he appears on the deck of cards given to U.S. soldiers. Iraq reported yesterday that he had been executed.**

## 2,000 tourists stranded in Peru

**WEATHER** Heavy rains and mudslides in Peru have blocked the train route to the ancient Inca citadel of Machu Picchu, stranding some 2,000 tourists.

Perurail spokeswoman Soledad Caparo says the train operator suspended service yesterday and is working to clear rock and mud covering the tracks.

Rail is the only means of transportation on the last leg of the trip to Machu Picchu from the city of Cuzco.

Tourism Minister Martin Perez says the government may send helicopters to evacuate tourists.

THE ASSOCIATED PRESS

## News in brief

**ASYLUM** British government figures show that a number of Canadians and Americans have applied for asylum in the United Kingdom in the past few years on the grounds that they were persecuted in their own countries. The government says all of the applicants were refused.

**NIGERIA** The Nigerian army's chief of staff says the military has restricted troop movements over "tension" as the West African nation's president remains out of the country.

THE ASSOCIATED PRESS

**Abbas calls inquiry**
Palestinian President Mahmoud Abbas has asked a five-member committee to look into alleged human rights violations by his security forces in the West Bank. THE ASSOCIATED PRESS

## Hospital can't help attack victim

**OHIO** The Cleveland Clinic has told the family of a woman blinded by a chimpanzee that it cannot perform a face and hand transplant for her. The 200-pound chimpanzee went berserk in February and ripped off Charla Nash's hands, nose and eyelids. Nash's family is looking into transplants at other hospitals in the U.S. and one in Canada. THE ASSOCIATED PRESS

# Netanyahu's wife sues newspaper

**ISRAEL** The wife of Israeli Prime Minister Benjamin Netanyahu sued an Israeli newspaper yesterday for libel and defamation of character, claiming the Maariv daily is "maliciously trying to humiliate" her. Sara Netanyahu is claiming damages of $270,000 US from Maariv and demanding an apology and a correction for an item the paper ran last Friday. The story stated that Mrs. Netanyahu fired a 70-year-old gardener at the prime minister's official residence.

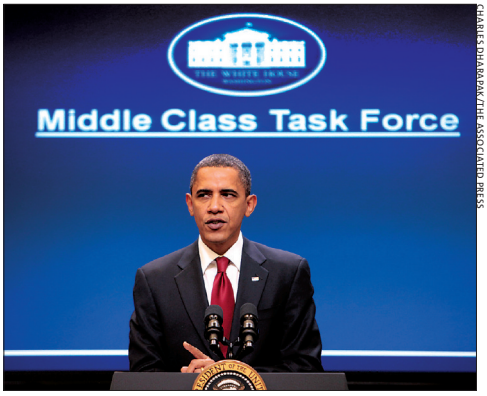
The gardener lost a son in one of Israel's wars.

Mrs. Netanyahu claimed in a suit filed at a Jerusalem court that the man was never fired, continues to work at the residence and the news item contained not "one grain of truth."

She said reporter Ben Caspit never asked for her response, and the paper was trying to humiliate her and "portray her as an insensitive woman who abuses the weak, is cruel to an old gardener and fires a bereaved father for no reason."

The suit comes a week after a former housekeeper sued Mrs. Netanyahu for alleged verbal abuse and other mistreatment.

THE ASSOCIATED PRESS



CHARLES SHARAPAN/THE ASSOCIATED PRESS

U.S. President Barack Obama announces economic initiatives for struggling middle-class families yesterday.

# Obama looks to regroup

**U.S. President Barack Obama yesterday offered help for Americans struggling to pay bills and care for their families, appealing to a middle class he says has been "under assault for a long time."**

Obama is seeking to offer some attractive options to taxpayers, mindful of the painful implications of the loss of a traditionally Democratic Senate seat that Republicans won for the first time in decades.

In a partial preview of a State of the Union address that aims to answer voter angst about the economy and reconnect with the public, Obama outlined the series of proposals from the White House.

The product of a middle class task force headed by Vice-President Joe Biden, they also will be included in Obama's budget request due to be submitted to Congress next week.

Among the initiatives Obama announced: Doubling of a child-care tax credit for families earning less than $85,000; a $1.6-billion increase in federal funding for child-care programs; and a program to cap student loan payments at 10 per cent of income above "a basic living allowance."

His initiatives also include expanding tax credits to match retirement savings and increasing aid for families taking care of elderly relatives. That program would also require many employers to provide the option of a workplace-based retirement savings plan.

"Too many Americans have known their own painful recessions long before any economists declared that there was a recession," Obama said in remarks to the task force, gathered around a horseshoe table.

The president said creating new jobs and reducing unemployment is the "single most important thing we can do to rebuild the middle class."

"I won't rest until we're doing just that," he said.

THE ASSOCIATED PRESS

### State of the Union

- White House advisers see tomorrow's address to Congress as a key opportunity for Barack Obama to recalibrate his message and reset his presidency after the stinging setback that took away the Democrats' 60-vote supermajority in the Senate and put his main domestic agenda item, health-care overhaul, in doubt. The Democrats' 60-vote majority helped them bypass Republican tactics to stall legislation.

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**Earth moves in Texas**
Dozens of homes were evacuated in San Antonio after the ground began shifting, creating crevices up to 4.5 metres deep, officials said. THE ASSOCIATED PRESS



## Indonesia **Political protest**

TATAN SYURLANA/THE ASSOCIATED PRESS

Indonesian activists wear masks yesterday of, from left, Indonesian Finance Minister Sri Mulyani Indra-wati, Vice-President Boediono and President Susilo Bambang Yudhoyono during a protest marking the 100th day since Yudhoyono's second term in Jakarta. Yudhoyono's popularity has been tested by scandals surrounding government bailouts.

# Sri Lanka goes to the polls

**The two architects of Sri Lanka's civil war victory will face off in a hard-fought election today to determine who will lead the troubled country's struggle to recover from a 25-year conflict.**

The main candidates, President Mahinda Rajapaksa and his former army chief Sarath Fonseka, were close partners in the campaign to defeat the Tamil Tiger rebels.

But a bitter fight that drove Fonseka to the opposition has turned an expected easy victory for Rajapaksa into a tight political contest between two men considered war heroes by the Sinhalese majority.

Whoever wins control of the island will inherit a country still deeply divided by the ethnic conflict and mired in an economic malaise. THE ASSOCIATED PRESS

### Reporter missing

- A reporter for a website critical of Sri Lankan President Mahinda Rajapaksa has disappeared and may have been abducted, his editor said yesterday. Prageeth Ekneligoda disappeared after leaving the office Sunday.


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## Comment

# Democracy strikes back at Harper

Considering the calamity in Haiti has overwhelmed all other news, as it should have, the number of Canadians who showed up Sunday for nationwide protests against the suspension of Parliament was impressive.

The people are speaking and the ramifications are many.

Firstly, it's a sign that democracy is alive in this country. We hear so often that Canadians don't care, that they're apathetic. But it sure hasn't looked that way.

Secondly, it's a development that knocks the prime minister from his arrogant perch. The people have told him they're not going to put up with it. Here's betting you won't see Stephen Harper suspending Parliament for reasons of crass political gain ever again.

Thirdly, the story has revived Liberal party fortunes. Prior to the prorogation, the slumping Michael Ignatieff had almost been written off as another dead Grit walking. But as is so often the case in politics, it's not what you do that counts, it's what your opponent does. Sometimes, out of the blue — deus ex machina — a big break comes your way. Iggy finally got one.

Fourthly, the Governor General will now take note of how serious the shutting down of Parliament is. This was the third time, not twice, as many think, that Harper has shut down Parliament in the last year and a half. The first was when he turned his back on his pledge of fixed election dates to force the 2008 election. Yes, there was an exception to the fixed-date law. An election could be called earlier if the government lost the confidence of the House. But in that instance the government had not lost the House's confidence.

As for the latest prorogation, Canadians aren't buying the Conservatives' excuses. One is that other governments prorogued as well. But no other government has done it three times in 18 months for cynical political reasons.

Then there's the latest rationale, a most revealing one. We can get more work done, Conservatives say, when Parliament isn't in session. That, in fact, is true enough. When the opposition isn't around, it does make life a lot easier. It's tantamount to running a dictatorship.

That's why Canadians are reacting the way they are. They're saying, "Sorry Mr. Harper, you can't have one."

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

## Views

# Not easy to hack away at federal deficit

Deficit reduction in Canada reminds me of that scene in Monty Python and the Holy Grail where King Arthur encounters a Black Knight who won't let him pass.

As Arthur systematically hacks off his limbs, the Black Knight refuses to acknowledge that anything's wrong. "It's just a flesh wound," he chirps after losing both arms. By the time Arthur is finished with him, he's legless as well.

When Finance Minister Jim Flaherty delivers his budget March 4, he'll have all his appendages, but little else. The federal government says it can reduce the deficit to nearly zero by fiscal 2014 from more than $50 billion in the year ending March 31.

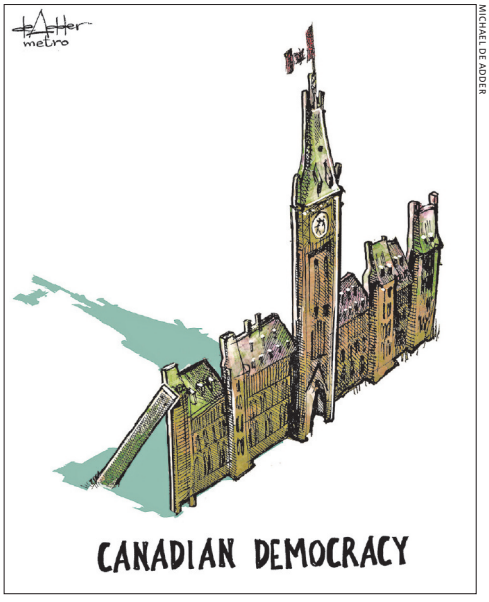
But given its planned approach, a combination of spending restraint, leaving transfer payments largely untouched, no new taxation, and heavy reliance on economic growth, we'll see limbless knights dancing in the streets before the shortfall is eradicated.

You'd think cutting spending in an enterprise as vast and all-encompassing as the federal government would be easy, but no. Federal transfers, a mélange of equalization payments, health and social transfers, and the like, are inviolable because it's political suicide to touch them. They make up 45 per cent of Ottawa's current $236 billion a year in program spending. About 14 per cent goes to service our national debt, so we can't do anything about that. And 11 per cent goes to international, immigration and defence programs.

Parliamentary budget officer Kevin Page, a realist unlike the spinmeisters in the Harper government, says Ottawa must save roughly $19 billion to balance the budget by 2014. But it's hard to see where savings of this order can be made.

There is one possibility. Stockwell Day, who was named president of the Treasury Board in the recent cabinet shuffle, is expected to be Flaherty's hit man in reducing expenditures. Day can start close to home with the Treasury Board secretariat, which is spending nearly $8 billion a year, and it must have some limbs in need of trimming.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.




MICHAEL DE ADDER

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**TSX reviewing Mega Brands stock for possible delisting**
The Toronto Stock Exchange says it is reviewing the shares of Montreal-based toy maker Mega Brands for possible delisting. It said yesterday that Mega Brands will have 120 days to regain compliance with continued listing requirements. THE CANADIAN PRESS

# Business

| DOLLAR | N.GAS | OIL | TSX |
|---|---|---|---|
| US 94.51¢ | US $5.722 | US $75.26 | 11,354.51 |
| (Unchanged) | US 9.7¢ | US 72¢ | 11.08 |

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Ticketmaster's merger approved

**CONDITIONS** Both U.S. and Canadian governments imposed major concessions upon Live Nation and Ticketmaster in approving the companies' merger.

Included is a requirement that Ticketmaster Entertainment Inc. license its ticketing software to competitor AEG and sell its subsidiary Paciolan to Comcast Spectacor. The merged entity is also prohibited for 10 years from retaliating against venues that choose to sign ticket-selling contracts with competitors. THE ASSOCIATED PRESS

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SCANLIFE

Could Apple's rumoured tablet duplicate iPod's success and transform the ebook market? Scan this code for the story.

# GM's interim CEO staying on

**General Motors Co. chairman and CEO Ed Whitacre Jr., who said yesterday he will stay on as head of the automaker for the time being, has reaffirmed that GM will repay in full the loans it received from the U.S. and Canadian governments by June.**

Whitacre said GM's board asked him last week to take on the position of chief executive permanently, ending a seven-week search for a new CEO.

Whitacre said GM will repay its $8.1-billion US in loans from the U.S., Canadian and Ontario governments all at once and could pay them even earlier than June. The automaker owes $1.4 billion to the Canadian and Ontario governments, and has so far repaid $192 million.

Whitacre, 68, often says in a folksy Texas drawl that he knows little about cars.

Edward Whitacre Jr.

But he's already shaken up the company by hiring a new chief financial officer and transferring the old one to China, firing the Chevrolet and Buick-GMC brand managers, and consolidating control of GM's core North American market under one executive. He wants to increase GM's sales and market share while shifting the company's focus to cars from trucks.

THE ASSOCIATED PRESS

## Business in brief

**OILSANDS** Royal Dutch Shell's chief executive Peter Voser says the company's growth in Alberta's oilsands is going to slow down. He said the Anglo-Dutch energy giant will focus more on exploration for new oil and gas reserves than on exploiting costly "unconventional" sources like the oilsands. He says costs in the oilsands are making investment there less attractive than other parts of the world.

**RONA** Canadian home renovations leader Rona Inc. is looking to expand its presence in Ontario and Western Canada as it pushes ahead with its growth strategy, even amid a moderate economic recovery. It expects to grow its share of the market over the next couple years as sales are driven by an economic recovery and acquisitions from industry consolidation.

**TAKEOVER** Toronto-based Constellation Software Inc. has acquired Vancouver-based SDS Software, a provider of management software for school districts, local governments and utilities companies for an undisclosed amount.

THE CANADIAN PRESS


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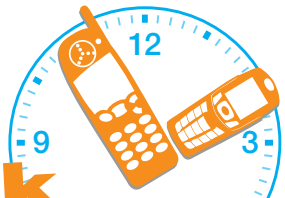

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## Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

# Asset inventory yields hidden cash

AlisonOnMoney

This is triple witching time — money wise, at any rate. Holiday bills are still not paid, RRSP contributions still not made and tax season looms. This is when I get a rising crescendo of pleas for help. Most of them along the lines of neighbours Julia and Jason: "We just can't find any more money. What are we going to do!"

Answer: The Audit Squad — actually, just moi. I offered to do what I call an excess asset inventory and sift through their possessions to discover superfluous, selleable items. The only rules were: Don't hide anything and no whining when we're finished.

I started in the garage, so overstuffed they couldn't fit the car in as well. I found a working freezer and a dorm-sized fridge. Sold! $150. A weight set. Sold! $35. Beer and wine bottles. Returned! $22. A 1950s chrome dinette set. Sold! $100. A perfectly good 27-inch TV. Sold! $50. A box of 1960s mint condition vinyl albums. Sold! $225.

Getting the picture? They had almost $1,500 of malingering assets in the garage, all purchased with credit cards, which have big balances. In effect, they are still paying 19 per cent interest, or almost $25 per month for this stuff.

I was licking my lips as I headed into the house. Hello Kegerator! There was much resistance from Jason about the pool table (unracked for three years) and an exercise bike sporting a cobweb hairdo.

**ALISON'S MONEY RULE**
At this time of year, when money is scarce, do an audit of your underused and unwanted stuff and start selling.

Julia enjoyed Jason's dismay until I turned to her bureau. She had gobs of no longer worn costume jewelry plus a drawer filled with gold items either broken or missing a mate. The gold went for $400 at a gold party.

After the audit, Julia and Jason sold almost $3,000 worth of stuff, which made a big dent in their credit card debt and freed up some money for RRSP contributions. The bonus? They can now get their car in the garage.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

# Which savings plan is right for you?

MoneyMatters

**Q My wife and I are recent homeowners with young children. We would like to begin setting aside some savings. However, we cannot decide which savings vehicle would be best for us. — Maureen and Josh**

As RRSP season fast approaches, retirement issues become a concern. There is no right or wrong answer, but what is best for you at a specific point in your life.

Many people choose to follow the traditional path. At first, the priority is securing a good job. Finding the right mate and managing the cost of a wedding. Becoming a homeowner follows not too far behind. Starting a family, happens sooner rather than later.

Recent statistics indicate a decline in RRSP contributions. This is startling, as baby boomers are increasingly heading into retirement. A government pension and old age security may not suffice for most. The vast majority of Canadians contribute nothing. The one's that have the means do, the one's that can't, don't. Not surprising!

A quick comparison of registered accounts may help with your decision.

**Registered Retirement Savings Account (RRSP):**

- Annual contribution allowed — 20 per cent of prior year's earned income (maximum $21,000 for 2009)
- Tax deduction — If your tax bracket is 40 per cent, then every $100 contributed will save $40.
- No tax on investment income
- Must collapse at age 71 (withdrawals taxed prior to this age)

**Tax Free Savings Account (TFSA):**

- Maximum $5,000 per year (missed contributions accumulate)
- No tax deduction
- Can withdraw anytime without tax
- No tax on investment income

**Registered Education Savings Plan (RESP):**

- 25 per cent grant for first $2,500 contribution
- No tax on investment income, if kept for child's education
- $50,000 maximum per child
- No tax deduction

If you can do all, then go for it. Unfortunately, for many that is not a reality. Sit down and spend an hour or two with a financial adviser. It could be the most well invested time spent.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

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# Pullback opens opportunities

Investing

Over the last week a number of political events soured investors and caused them to take profits and become more defensive.

First, the Chinese government said it is concerned its economy may overheat and growth is out of control and that may produce an inflationary problem. This prompted China to propose new rules and hint at others to slow their economy's growth.

In the United States, some new bank reforms have been proposed to curb and control the way the banks conduct business. First, U.S. President Barack Obama introduced a bank tax to try to recover taxpayer money spent on bailouts of major corporations and sectors of the market. Last Thursday, Obama went a step further: He proposed laws that will govern how certain U.S. banks conduct aspects of their business and placed restrictions on the size of these banks as well. This did not sit well with investors and the effect was a sell-off in equity markets in Canada and the U.S.

If these two events weren't enough, it was revealed Friday that Ben Bernanke's position as head of the U.S. Federal Reserve was not a sure thing for another term. Apparently, many politicians are holding back their votes. Most investors and advisers around the world believe if Bernanke is not reconfirmed for another term it would cause markets to fall sharply.

It is my opinion that investors should take this recent pullback as an opportunity once again. Shares of a number of companies have fallen in sympathy with the broader market even though these companies are performing well. If this market pullback is just political in nature and the outstanding issues are eventually resolved, then investors need to seek out the investments today that are doing well and purchase them at these lower prices. If you are a long-term growth investor, these are the opportunities that can provide for above average growth if you can handle the risk and volatility of the equity market.

**"Shares of a number of companies have fallen in sympathy with the broader market even though these companies are performing well."**

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

# Top three questions about RRSPs

Here are the top three questions Canadians are asking BMO Bank of Montreal this RRSP season:

**Why should I consider investing in an RRSP?**

RRSPs let you save money by earning income on a tax-deferred basis until you retire. For many, they can act as a substitute to a pension plan.

**How much should I contribute this year?**

Tina Di Vito, director of retirement strategies at BMO Financial Group, says in an ideal world, you would set aside the maximum contribution limit every year. If not, then try to contribute as much as you can. One of the best ways to grow your RRSP is to use a savings plan to automatically contribute every payday.

**What types of investments should I choose?**

This will, in part, depend on what kind of investor you are. Here are some general RRSP investment guidelines:

- Diversify. Putting your money in a variety of investments provides exposure to a wider range of opportunities and limits the negative effects of a downturn in one market.
- Examine your foreign content. Investing outside Canada gives you access to the other 98 per cent of world markets.
- Consolidate your investments. If you do not want to spend a great deal of time managing several plans, you may want to consolidate your investments into one portfolio and get one consolidated statement to track your plan.

NEWS CANADA

**Kerrigan's brother pleads not guilty to assault**

The brother of figure skater Nancy Kerrigan pleaded not guilty yesterday to assaulting their 70-year-old father, who died over the weekend after a disturbance at the family's Massachusetts home. Mark Kerrigan, 45, was ordered held on $10,000 US cash bail after his arraignment yesterday in Woburn District Court. THE ASSOCIATED PRESS

# Sports

## Second Wizard pleads guilty

**Washington Wizards guard Javaris Crittenton, left, pleaded guilty to a misdemeanour gun charge yesterday, explaining he had a pistol because he feared teammate Gilbert Arenas would shoot him or blow up his car after the two argued over a card game. The hearing marked the first time authorities confirmed Crittenton was the other player involved in the confrontation with Arenas, who pleaded guilty Jan. 15 to a felony gun charge.** THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

# Komisarek offers sliver of hope

**Mike Komisarek was sweaty and exasperated. A row of television cameras and microphones had closed around him like a barn door as he trudged to his dressing room stall after practice, catching the injured Toronto Maple Leafs defenceman off-guard as he turned to take his seat.**

"I can't be that exciting," he said, smiling and panting.

The 28-year-old has been sidelined for three weeks with what is believed to be a shoulder injury and his presence on the ice yesterday, if not exciting, at least represented something approaching good news. There is hope he could return to game action with the Leafs Saturday, making it one of the rare instances when "hope" and "Leafs" have appeared in the same sentence this season.

RENE JOHNSTON/TORSTAR NEWS SERVICE

Toronto Maple Leaf Mike Komisarek stretches his back yesterday at the morning skate.

Toronto has lost three straight, and nine of the 12 games it has played in this calendar year. The Leafs sit 28th of 30 teams in the National Hockey League standings, employing the worst penalty-killing unit in the game while rumours of deadline-day roster purges percolate around the city.

General manager Brian Burke has remained steadfast and public in his drive to get the team into the playoffs this year, for the first time in six years. But it has also been reported that the Leafs have made it known they are willing to take on salary in exchange for draft picks heading toward March 3, the NHL's trade deadline.

THE CANADIAN PRESS

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ScanLife

Streaking Sens can thank hot goalie and healthy lineup for six-game winning streak. Scan this code for the story.

## Sports in brief

**SOCCER** Salvador Cabanas, the top player on Paraguay's World Cup team, was shot in the head before dawn yesterday in the bathroom of a bar in a well-off neighbourhood in Mexico City. The 29-year-old striker underwent surgery in which doctors failed to remove a bullet lodged in his skull.

**NBA** The New Orleans Hornets traded starting shooting guard Devin Brown to the Chicago Bulls for backup seven-foot centre Aaron Gray. Brown, 31, has played in 39 games for New Orleans this season, starting all but two. He is averaging 9.7 points per game.

**NBA** Cleveland forward Jamario Moon says he has recovered from a left abdominal strain and expected to play last night when the Cavaliers visited the Miami Heat. Moon hasn't played since Jan. 3, and had missed 14 straight shots dating back to Dec. 27 before getting hurt.

THE ASSOCIATED PRESS

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| **Puerto Plata** | Travel Jan 28 - Feb 4/ts | $99 + taxes & fees $320 |
| **Cancun** | Travel Feb 2 - Feb 9/c6 | $169 + taxes & fees $272 |
| **Paris** | Travel Jun 1 - Jun 9/ts | $299 + taxes & fees $395 |
| **San Francisco** | Travel Mar 22 - Mar 29/ac | $399 + taxes & fees $120 |
| **Prague** | Travel Mar 23 - Apr 6/9w/sn | $459 + taxes & fees $403 |
| **Barcelona** | Travel May 8 - May 16/ts | $499 + taxes & fees $295 |
| **Shanghai** | Travel Mar 23 - Apr 6/ua | $549 + taxes & fees $356 |
| **Delhi** | Travel Mar 23 - Apr 8/kl | $599 + taxes & fees $404 |
| **Buenos Aires** | Travel Mar 10 - Mar 24/ua | $789 + taxes & fees $262 |

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Departs Feb 7/swg/wg.

**Atlantic City** Air + 3 Nights 4-Star $149
*Ballys Atlantic City* + taxes & fees $115
Departs Feb 8/wsv/ws.

**Miami** Air + 7-Day Car $339
+ taxes & fees $119
Depart Feb 9/ggv.

**Chicago** Air + 3 Nights $399
*Swissotel Chicago* + taxes & fees $99
Departs Feb 18/ggv/ac. ADD 2-day Chicago Day Pass for $99.

**Myrtle Beach** Air + 3 Nights $589
*Myrtle Beach Hilton* + taxes & fees $138
Departs Feb 18/ggv/us. ADD The Carolina Opry show tickets for $49.

**Valentine's Day Vacations**

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*Old Stone Inn* taxes & fees included
Travel Feb 12 - 14/ggv.

**New York City** Air + 2 Nights $349
*Courtyard by Marriott Upper East Side* + taxes & fees $119
Departs Feb 12/ggv/aa.

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**Big Baby decides to drop nickname**

Boston Celtics forward Glen (Big Baby) Davis is looking to erase his troubled past this season and hopes to start by first dropping his nickname. Davis was recently fined $25,000 US for directing inappropriate language at a fan during a game against Detroit last Wednesday. THE ASSOCIATED PRESS

# Devastated Vikings ponder Favre-less future

**One after another, the Minnesota Vikings mentioned how much they enjoyed playing with Brett Favre.**

Will the fun be one season and done?

The devastated Vikings gathered yesterday at their practice facility for exit physicals and meetings with coaches, two weeks sooner than they hoped thanks to that epic overtime loss in New Orleans for the NFC championship.

Despite all the other intriguing in-game developments and off-season story lines, the day-after focus fell on the 40-year-old Favre's future. He didn't appear in the locker-room at Winter Park while it was open to reporters, but his demeanour after the game and responses from teammates suggested he's leaning toward quitting.

For now.

"In a situation like this I really don't want to make a decision right now based on what's happened, because I do know the year could not have gone any better aside from us not going to Miami," Favre said Sunday night at the Superdome. "I really enjoyed it, to be honest. Just wondering if I can hold up, especially after a day like today."

He took a beating by the Saints, and the ankle injury he suffered in the third quarter was another reminder of how draining the game has been for him mentally and physically down the stretch of his 19-year career.

"From a physical standpoint I feel for him, but definitely mentally and emotionally as he always does he lays it on the line and gave it everything he had," linebacker Ben Leber said. "I truly wish we could have him back next year, but that will be his decision."

Leber sounded resigned to losing Favre to retirement, though the NFL's all-time leading passer is so famously prone to waffling over his decision he could always find a renewed desire to return for more after a break from the grind.

"It's still early. Way too early. Brett is liable to change his mind five, 10 times down the road," wide receiver Bernard Berrian said.

"He already knows that we want him back. It's more or less letting him go off and do his thing."

THE ASSOCIATED PRESS

RONALD MARTINEZ/GETTY IMAGES

Minnesota Vikings quarterback Brett Favre walks off the field Sunday after the Vikings lost 31-28 in overtime to the New Orleans Saints in the NFC championship game at the Louisiana Superdome.

**"I truly wish we could have him back next year, but that will be his decision"**
Ben Leber
on Brett Favre

# Cormier suspended for rest of the year

**HIT** The Quebec Major Junior Hockey League hopes it has sent a strong message against dangerous, illegal hits by suspending Patrice Cormier for the rest of the season and the playoffs.

The league handed down one of the longest suspensions in its history yesterday when it banned the Rouyn-Noranda Huskies centre for elbowing Quebec Remparts defenceman Mikael Tam in the face and sending him to hospital with brain trauma and several broken teeth in a game Jan. 17.

League disciplinarian Raymond Bolduc, who took a week to investigate the incident before rendering his decision, called the hit "dangerous and unacceptable."

"The message is very important — we don't want those types of gestures in our league," he said.

In Quebec City, the Remparts were satisfied with the decision, and said it was up to Tam and his family whether to pursue legal action against Cormier. Tam is to undergo further medical tests this week to determine the extent of his injuries and when, or if, he will be able to return to the ice.

THE CANADIAN PRESS

**Public opinion**

- Most Canadians believe that violent hits to the head are not only avoidable in hockey, they are usually premeditated, according to the results of a Canadian Press/Harris Decima survey.
- The sentiment is strongest in Quebec, where 80 per cent of respondents said they felt head shots are unnecessary.

## Sports in brief

**NFL** The NFL has scrapped plans to play a second regular-season game in Britain next season. NFL commissioner Roger Goodell said last year the league was considering adding a second game. But the NFL said on its website that uncertainty related to collective bargaining talks and the current economic climate "were critical factors in our decision not to play a second game in the U.K."

**ROYALS** The Kansas City Royals are reshaping their entire outfield and making Jose Guillen their full-time designated hitter. While introducing newcomer Rick Ankiel yesterday, general manager Dayton Moore said the injury-prone Guillen would be replaced in right field by David DeJesus, last year's left-fielder. The 30-year-old Ankiel will play centre and Scott Podsednik will be in left.

THE ASSOCIATED PRESS

## SCOREBOARD

**NHL**

YESTERDAY'S RESULTS
Pittsburgh 4 N.Y. Rangers 2
St. Louis at Calgary
Buffalo at Vancouver

**NBA**

YESTERDAY'S RESULTS
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# Leafs invite dying boy to arena

**SKATE** After being refused access to a public skate near Hamilton, a dying youngster has been invited to practise with the Toronto Maple Leafs today.

Tucker Patterson, who is named for former Leafs star Darcy Tucker, lives life in a wheelchair. The three-year-old suffers from a terminal genetic disorder called Leigh's disease, which attacks his motor functions. He can no longer walk, talk or eat.

On Jan. 17, his mother, Kari Patterson, called a Flamborough ice rink to ask if they were able to accommodate Tucker and his wheelchair during their afternoon public skate. They were told "No."

"I was angry," Kari told the Hamilton Spectator.

"It's something we can do as a family ... we're limited in what we can do together."

The city's recreation manager later said the employee who had refused the Pattersons misunderstood the facility's policy.

Now Tucker's team, the Leafs, has stepped up to include him. The Leafs have invited the family to the Air Canada Centre today to take a spin around the big league rink.

"They are going to watch the Leafs skate, watch the L.A. Kings skate, then hopefully we can get a couple guys to give a quick meet and greet," said Leafs community partnerships representative Jason Schwabe.

The Patterson family, including Tucker's two sisters, are all big skaters and hockey fans. Tucker's father, David Patterson, said a Leafs game they went to last year was one of his son's all-time highlights.

"We have pictures of him sitting straight up and just watching the guys skate around during the warm-up ... It was just awesome to see how excited he was and how into the hockey he was," David said.

"I don't know if he'll have that same (response) the way he is now because his sight has decreased."

It has been 18 months since Tucker was first diagnosed, at age two. No one can say for sure how long his fight against the odds will last.

TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE PHOTO

Tucker Patterson

# Evans returns to full-contact Raps practice

**INJURY** Reggie Evans, the long-injured Raptors defensive specialist, returned to full-contact practice yesterday, banging with his teammates for the first time in more than three months.

"Today was a fun day for me," he said. "I finally got to a good stepping stone ... I've got some work to do."

Evans' presence on the floor — and the attention he drew from a gaggle of reporters in the workout's aftermath — earned favourable reviews from teammates. His scrum with the media was interrupted by hooting and hollering from numerous Raptors, among them Chris Bosh and Jarrett Jack, the latter of whom repeatedly shouted, "The king is back!"

Reggie Evans

How did Evans play? He was slow to the ball, his jump shot looked wonky and he appeared out of shape, according to various accounts. And for a guy who hasn't played since damaging ligaments in his left foot in an Oct. 14 preseason game, none of that was unexpected. But he managed to grab a steal, according to the post-scrimmage boxscore Evans kept in his head.

"I love playing against Reggie. He only knows how to play one way and that's all out," Bosh said. "I think it's good to have him back practising. Once he gets in shape, I think he can really help us."

TORSTAR NEWS SERVICE

**Timmer fails to qualify for Olympics**
Olympic champion speedskater Marianne Timmer failed to qualify for the Vancouver Games yesterday and won't get a chance to defend her 1,000-metre long-track title next month. In a three-way skate-off, the 35-year-old Dutchwoman could only manage third place. THE ASSOCIATED PRESS



# Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

# Injuries a concern for Yzerman

## Team Canada features growing infirmary list

**These are the truly anxious moments for Steve Yzerman.**

Since he unveiled Team Canada's lineup at the end of December, the executive director has seen Marc-Andre Fleury, Brenden Morrow, Dan Boyle, Patrice Bergeron and Ryan Getzlaf miss games because of injury.

Even though all 23 of his original picks are still expected to be in Vancouver next month, Yzerman knows that could change on any given night. He's found it a tad difficult to relax while waiting for the Games to start, especially given that something bad could happen to one of his players in the meantime.

"Just sitting between announcing the team and (the time leading) up to the Olympics is the most difficult part," Yzerman told The Canadian Press in a recent interview. "There's not a whole lot you can do at this point. You're sitting wondering if you've got injured guys, how are they going to be? I'm just watching guys play."

While Bergeron (broken right thumb) and Getzlaf (leg) have both returned to action, the other three players were on the sidelines at the end of last week.

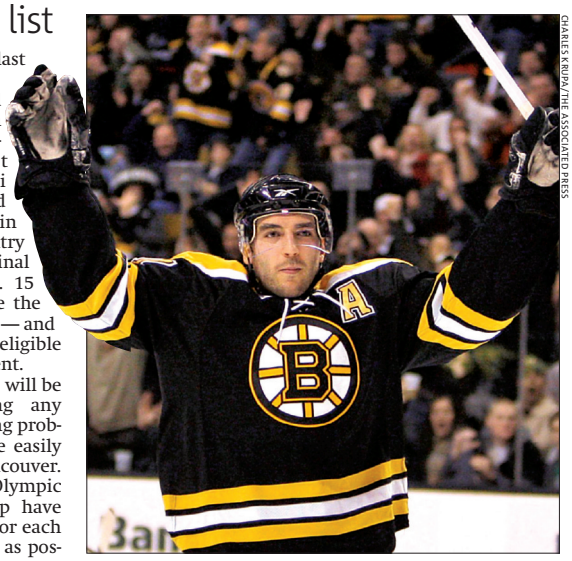
Injuries could play a big role in these Olympics because teams won't be carrying a taxi squad like they did four years ago in Turin. Each country will register its final 23-man roster Feb. 15 — the night before the tournament begins — and no one else will be eligible to suit up at the event.

As a result, teams will be reluctant to bring any players with nagging problems that might be easily aggravated in Vancouver. Yzerman and his Olympic management group have been sure to monitor each situation as closely as possible.

THE CANADIAN PRESS

### Fast approaching

- The NHL shuts its doors for the Olympic break Feb. 14, leaving teams with between eight and 11 games to play before Team Canada faces Norway in Vancouver Feb. 16.



CHARLES KRUPA/THE ASSOCIATED PRESS

Bruins centre Patrice Bergeron, who was named to Canada's Olympic squad, recently returned from a broken right thumb.

## Snowboard team a mix of youth and experience

**RIDERS** Canada has unveiled its 18-member Olympic snowboard team.

Team Canada director Christian Hrab says the athletes were nominated based on their hard work and results over the last year.

Canada will have a mix of experience and youth in each of the three snowboarding disciplines at next month's Vancouver Winter Games.

"We are ready with the best, we are ready to take on the world and we will leave nothing behind when we tear down the runs on the Cypress (Mountain) bowl," Hrab said.

World No. 1 Maëlle Ricker and second-ranked Dominique Maltais will lead the way in snowboard cross. THE CANADIAN PRESS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**Record number of NBCC graduates employed in province**

According to a survey of New Brunswick community college students who graduated in 2008, 94 per cent of employed graduates found work in the province last year, up from 90 per cent the previous year. METRO NEWS SERVICES

# Workology

## McGill's MBA tuition hike risky

**Quebec's education minister says she will cut some funding to McGill University if it follows through on plans to increase tuition for its MBA program to $29,500. Michelle Courchesne says McGill never asked approval from the ministry for the tuition hike, which would have been rejected anyway, because "the increase is so dramatically high that it's not possible."** METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

# Business diversity

## Church and Wellesley Village biz accepting to those in all walks of life

**Each Tuesday, Metro will be focusing on the small businesses within one of Toronto's many neighbourhoods and how they keep their communities humming along.**

Small Business City

RAFAEL BRUSILOW
for Metro Canada

**Full of vibrance and life, much like its residents, Church and Wellesley Village has seen its businesses evolve with the changes in the larger community.**

David Wootton, manager of the Church Wellesley Village Business Improvement Association, says the neighbourhood's "shabby-chic" aesthetic has made it an attractive destination for upscale and bohemian tourists and residents alike.

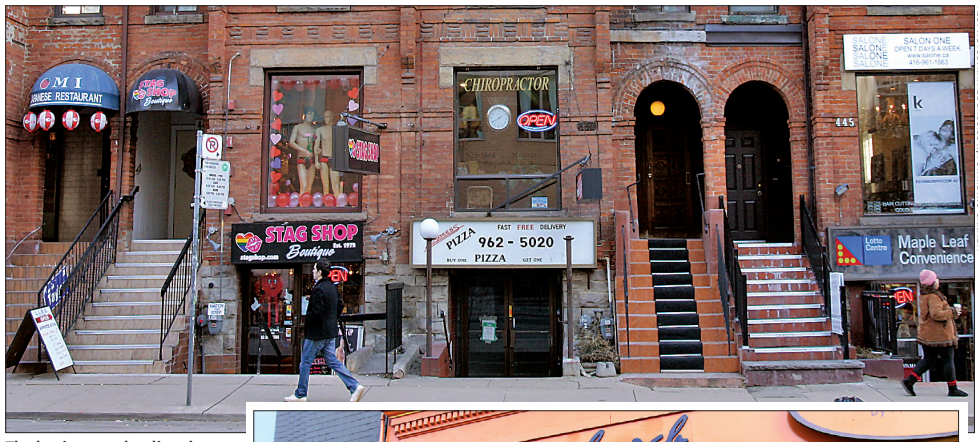
"We are like a little nestled corridor in the city and there is an aesthetic to the village. It does have kind of an old-world feeling to it and there's a lot of people on the sidewalk," Wootton said.

The main changes to the neighbourhood Wootton has noticed have been the move away from gay-centred businesses to ones that, while still fully gay-friendly, now cater to a much wider client base as well.

"The village has changed as attitudes to LGBT people have changed — 15 or 20 years ago you'd come down here because it was the only place you felt safe — now you can go anywhere in the city and feel comfortable with who you are," Wootton said.

While the tough economy has hit the village just as hard as other parts of the city, the village has weathered the storm rather well: Of the 107 businesses registered with the BIA, six closed this past year and three of them will be reopening in February and March.

CONT. ON NEXT PAGE>>




ALL PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

The businesses that line the Church Street corridor south from Bloor to Carlton streets widened their appeal, but stayed gay-friendly.

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DAY AND EVENING PROGRAMS

**More than $9 million for SNOLAB researchers**
The Ontario government announced last Thursday over $9.3 million to support 120 researchers at Laurentian University, Queen's University, and the Sudbury Neutrino Observatory (SNOLAB), an underground science laboratory specializing in dark matter and neutrino physics. METRO NEWS SERVICES

# An ever-changing mosaic

**<<CONT. FROM PREVIOUS PAGE**

Farhad Ghahremani, 41, owns the Eyes on Church optical store (483 Church St.) and says he has always thrived on the tight-knit nature of the Church and Wellesley community.

"The clientele here are very loyal and I always appreciate people who come from all around the city to support me. Most of my friends that I'm very close to started out as my clients," Ghahremani said.

He says the changes in the area, which have seen LGBT clients extend their shopping habits to businesses in places like Church and Parliament or Queen Street West, have meant merchants here have had to take a much wider focus on a broad clientele.

**"I have more straight clients these days than I did 10 years ago."**
Business owner Farhad Ghahremani

"This area isn't just for gay clients. I have a lot of straight clients that also live in this area and I have more straight clients these days than I did 10 years ago," Ghahremani said.

ALL PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Farhad Ghahremani waits for customers at Eyes on Church.

## A place to connect

• Liz Devine, 52, is managing director of CONXITY Travel (506 Church St.), which has provided gay-friendly vacations and travel counselling for 20 years. She says an increasingly diverse client base has made it important for her business to adapt to a mix of gay and straight travellers, as families and friends increasingly want to travel with gay members of their group. "The market has shifted. It's not just young single males anymore, now we integrate gay and everyday travel a lot more," Devine said.

**Don't miss Spaces and Places!**

**Church and Wellesley Village will be the focus of this week's Spaces and Places feature in Metro Homes this Thursday. Don't miss it!**

## Local support from a diverse crowd

• Claire Rose Ihasz, 47, grew up in the village and opened her floral shop, Ladybug (513 Church St.), in 1997. She provided flowers for Canada's first gay wedding and has weathered two recessions since opening. She says while the number of out-of-community shoppers has declined in recent years, the support of local shoppers has kept up at a healthy pace.

"The community has changed a lot over the years — it's still popular but there are not as many tourists as there used to be. Yet business is a two-way street, and I like that people know who you are here," Ihasz said.

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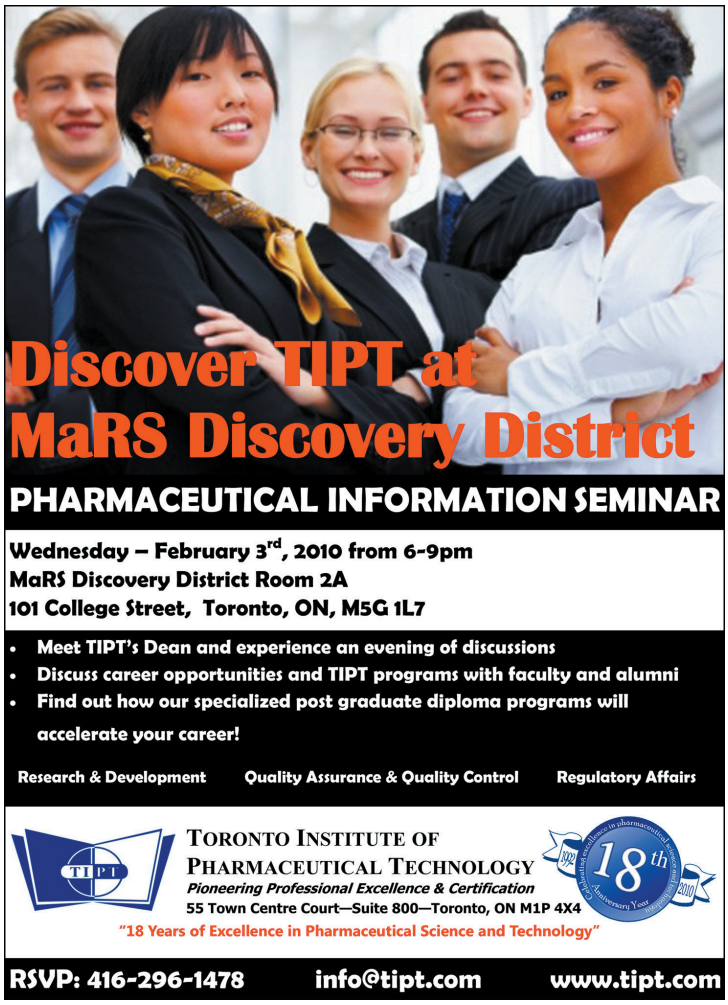
**Expansion in Red River College's future, says outgoing president**

In his final interview with the Winnipeg Free Press before moving to Ontario to head Sheridan College, departing Red River College president Jeff Zabudsky acknowledges there's been much discussion about establishing a third campus in southeast Winnipeg. METRO NEWS SERVICES




# Is fear of math the teacher's fault?

**Little girls may learn to fear math from the women who are their earliest teachers.**

Despite gains in recent years, women still trail men in the United States in some areas of math achievement, and the question of why has provoked controversy. Now, a study of first- and second-graders suggests what may be part of the answer: Female elementary school teachers who are concerned about their own math skills could be passing that along to the little girls they teach.

Young students tend to model themselves after adults of the same sex, and having a female teacher who is anxious about math may reinforce the stereotype that boys are better at math than girls, explained Sian L. Beilock, an associate professor in psychology at the University of Chicago.

Beilock and colleagues studied 52 boys and 65 girls who in classes taught by 17 different teachers. Ninety per cent of U.S. elementary school teachers are women, as were all of those in this study.

Student math ability was not related to teacher math anxiety at the start of the school year, the researchers report in Tuesday's edition of Proceedings of the National Academy of Sciences.

> **"More care needs to be taken to develop both strong math skills in these educators."**
> University of Chicago study

But by the end of the year, the more anxious teachers were about their own math skills, the more likely their female students — but not the boys — were to agree that "boys are good at math and girls are good at reading."

In addition, the girls who answered that way scored lower on math tests than either the classes' boys or the girls who had not developed a belief in the stereotype, the researchers found.

"It's actually surprising in a way, and not. People have had a hunch that teachers could impact the students in this way, but didn't know how it might do so in gender-specific fashion," Beilock said in a telephone interview.

Beilock, who studies how anxieties and stress can affect people's performance, noted that other research has indicated that elementary education majors at the college level have the highest levels of math anxiety of any college major.

"We wanted to see how that impacted their performance," she said.

After seeing the results, the researchers recommended that the math requirements for obtaining an elementary education teaching degree be rethought.

"If the next generation of teachers — especially elementary school teachers — is going to teach their students effectively, more care needs to be taken to develop both strong math skills in these educators," the researchers wrote.

THE ASSOCIATED PRESS

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# Financial Planning

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

# Easy to control your future

## Obstacles such as job loss can be overcome with plan

**RAFAEL BRUSILOW**
for Metro Canada

**Financial planning is crucial to meeting many of your life's goals, but many people are afraid of making that first commitment.**

Jeff Young, senior manager of financial planning support at RBC, says the first step to taking control of your financial future is to find an expert you trust who understands you.

"I strongly encourage people to work with an adviser because there are intricacies in financial planning that most individuals are not ready to handle alone. An adviser can really help you get a vision of what your goals are," Young said.

Decide on what your short-, mid- and long-term goals are, and then be realistic about whether you'll be able to reach them. If some of your goals are too vague or too lofty (at least for now), it might be time to tackle them in order of importance rather than trying to conquer them all at once.

"Put all your goals together and ask yourself, 'Can I achieve all these goals?' If you can't, it's time to prioritize," Young said.

With people living longer, inflation continually rising, taxes slowly creeping up and economies swerving up and down, Ida Templeton, a director with Canadian financial services firm Investors Group, says some measure of financial planning is crucial for everyone.

"The reason financial planning is so critical is that we all are living under the same financial circumstances. A financial plan allows you to be in a position where you can control the things you actually have control over," she said.

Having a financial plan can help you to understand what your short-, mid- and long-term goals are.

While certain things in life can be predicted, some of the most challenging situations can happen suddenly, such as a job loss, a death in the family or an economic downturn, and good planning can help you weather those challenges.

"A really critical component of any good financial plan is planning for the obstacles. Stay close to the fundamentals that build up a very strong foundation in your financial pyramid," Templeton said.

The concept of good and bad debt is important to remember, Templeton says, because the difference has enormous implications for your financial health. Good debt, such as an RRSP loan, can help you meet financial goals in the right situation, whereas bad debt, such as credit card interest, can hold you back from those goals.

**"No matter how much money you have, you can make positive changes for yourself."**
Ida Templeton

Templeton says that no matter how long you've waited to set out on a financial plan, it's never too late to start.

"I think people underestimate the power and opportunity they have, and a lot of times it just means asking the right questions. Be conscious and realize that no matter how much money you have, you can make positive changes for yourself," Templeton said.

# Reshape your finances in about eight hours

By now, you may find that your fervent vows to lose weight and get to the gym regularly have fallen by the wayside. But take heart, there's still plenty of time, and plenty of ways, to take advantage of the new year to get your finances on track.

Just don't expect it to happen all at once, experts say.

"The very first thing you do as you make your resolutions is say, 'My money management is going to be an evolution,'" said Patricia Lovett-Reid, senior vice-president at TD Waterhouse Canada Inc.

"Commit to saying your financial life matters and you're going to make it a priority. Do one thing differently each month — you will be in a very different financial situation one year from now."

There's an analogy she likes to use: Think of yourself as the hub in the centre of a bicycle wheel. Each spoke on the wheel represents an element of your financial life, such as investments, estate planning, insurance, debt, or credit.

"As you address each spoke, you start to gain momentum and you start to gain traction," Lovett-Reid said. "What happens is even in periods of volatility in the market — and there will be volatility in the market — you feel a sense of control because you're dealing with each element. And so you gain momentum. You get a better trajectory."

This doesn't involve a huge time commitment, said financial planning expert Kurt Rosentreter, financial adviser with Manulife Securities Inc.

Allocate eight hours to your personal finances in 2010, he said. That could be four hours for your investments, maybe two two-hour long meetings with your adviser, or sitting down and reviewing your investments yourself. The other two or three hours could be basic education about mortgages or children's savings, with another hour or so looking at insurance or wills.

"People say they don't have the time, but they'll watch eight hours of TV in two nights or spend that time on the Internet," Rosentreter said.

Resolve to get a handle on your debt this year, experts advise.

"Get some accountability over that and you won't be sitting around in five years wondering, 'Where did all my money go?' or 'Why did I never make money on my investments?'"

If you're still wondering where to begin, start by writing down your short-, medium- and long-term goals. Once a year, measure progress toward them and build a plan around that.

Lovett-Reid and Rosentreter offered some quick examples of financial resolutions for the new year.

- **Investments:** Make sure your investments are aligned with your goals. For instance, you're not going to go into the equity market if you plan on buying a house in the next 12 months. You're going to need that money and the amount of risk and volatility would be too high. If you're apprehensive of dealing with your finances because you feel you don't know enough, try to learn more through basic personal finance courses or reading on your own.
- **Tax planning:** "Too many of us think tax planning is just filing your taxes at the end of April or just putting some slips into a software tool and mailing it off. Real tax planning happens all year long and it's more a matter of just understanding the rules and applying it to your personal circumstances," Rosentreter said.

"Ask yourself, 'Can I make a spousal RRSP contribution? Can I split income with family members? Can I loan money to my spouse?'"

Not sure where to start? Sign up for some tax newsletters or sit down with an accountant.

- **Estate planning:** If you haven't reviewed your will in a long time, pull it out this year. You should review your will about once every five years, or around big changes in your life.
- **Advisers:** If you use an adviser, make time to sit down with him or her and talk about the impact the market fluctuations have had on your investments.
- **Mortgage:** More than likely, Canadians will be faced with higher interest rates this year. That means you may need to ask yourself some hard questions. Are you paying it down fast enough? Will you be able to afford a bigger payment if higher interest rates come, and if not, what does that mean? If you're contemplating a bigger house or a second house, is that wise in a year when it could get a lot more expensive to borrow money?
- **Debt:** Resolve to get a handle on it, really figure out how much you owe, particularly on your credit cards and lines of credit. "Most of us know how much money we make. We don't necessarily see what we're spending it on and that's a problem," Lovett-Reid said.

"You will have to confront that debt so you can begin to build a plan and move forward."

**TORSTAR NEWS SERVICE**

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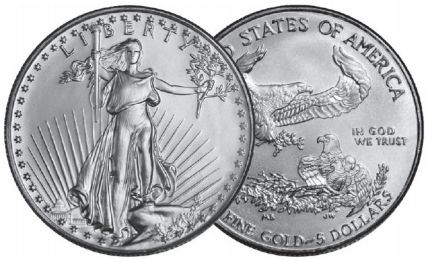


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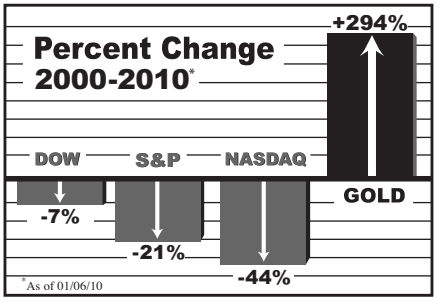


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**Money-saving tip**
Put your financial plan in place and then meet with a financial adviser for added guidance. NEWS CANADA

## Financial Planning

# Advisers can pay off

JON TATTRIE
for Metro Canada

**A good investment adviser is like a good doctor. She'll take a broad, long-term look at your financial situation and offer a plan to keep you fiscally healthy, even if the marketplace gets sick. Experts say investing without advice can be like diagnosing yourself online: Risky.**

An adviser will take a long-term look at your financial situation.

Terry McCullough spent 10 years working as a financial/investment adviser (the titles are often used interchangeably) and now teaches investment courses at Ontario's George Brown College.

"Financial advisers do really pay (off) for people — if they do their homework. It's a marriage," he says. "Advisers come in all shapes, sizes and flavours. Even a great adviser is not always good for a specific client."

McCullough says advisers bring balance. Do you want to buy a house in two years? Have kids in four years?

"They can say, here's what we can look for in the way of a return, here's what we expect to see to happen to you now, and here's what your needs will be in different time frames," he says.

They can provide a disinterested take on the markets and your money, balancing risk with reward.

"In the last year, if somebody had had a balanced portfolio and equity markets corrected drastically, but bond markets made a bit of money ... we could adjust your 50-50 portfolio at that point. Sell some of the bonds, buy some of the equities at a lower price," he explains.

Scott McCartney, senior investment adviser with Canaccord Wealth Management, says there's lots of free advice, but you'll get what you pay for. People don't have the time to deal minutely with their money, so they hire him. His clients call him with tips they've heard at the pub and it's his job to check them out in the real world.

"Most of what I do is I'm simply a guide," he says from his Edmonton office. "As a guide, I can bring to the table institutional-type investments that people can't get on their own."

Online investing can make it too easy to make a bad decision with your finances, he says. If all you have to do is point and click to change your RRSP from a value strategy to a speculative strategy, it's "good to have somebody on the other end of the phone to say you might want to consider this or that — two heads are better than one."

# Sticking to a budget 'like a diet'

ROBYN YOUNG
for Metro Canada

When it comes to financial planning, there's no time like the present to get the ball rolling.

"It doesn't matter if you're in your 20s, 40s or 80s, as long as you start," said Laura Rossiter, a consultant with Investors Group Toronto Midtown.

But the earlier you start, the stronger your plan will be and the better your saving habits will become over time, she added.

There are a number of ways to develop a financial plan, says Tamara Smith, vice-president of marketing and consumer affairs for the Financial Planning Standards Council.

Start by setting life goals, tracking how much you spend over the course of a month, setting a monthly budget and sticking to it, and trying to save 10 per cent of your take-home salary, she said.

"It's like a diet, you've got to start the first day and then you go the second day and the third day and you just keep at it," Smith said.

> **"It doesn't matter if you're in your 20s, 40s or 80s, as long as you start."**
> Laura Rossiter

The next step is to make an appointment with a financial adviser.

Most major banks provide financial planning as a complimentary service for customers, but the service may be attached to products such as RRSPs, a mortgage, or a savings account.

Other groups, such as Moneyadviser.ca, offer financial advice without the attachment to products, but charge a fee for the service.

Whatever route you choose, it's important to talk to a professional, says Kevin Macleod, certified financial planner and vice-president of Moneyadviser.ca in Calgary.

"I think there's a lot of misinformation that gets poured down our throats about money," he said.

A financial planner helps you sort through the maze of information out there and figures out what works best for you, he said.

Finally, when looking for a financial adviser, make sure they know what they're talking about.

"Most provinces do not have any regulations around who can call themselves financial planners, so it's really a buyer beware market," Smith said.

The Certified Financial Planning credential is the largest, identifiable, credentialled body in the industry, she said. There are 17,500 CFP professionals in Canada and the Financial Planning Standards Council website, fpsc.ca, provides a databank of certified professionals across the country.

"It's one of the best ways to find someone who is truly competent and ethical," Smith said.

"Someday we're going to retire the way we want. But when is someday?"

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## Financial Planning

# Always set money aside: Experts

RAFAEL BRUSILOW
for Metro Canada

**Cash flow got you in a cash-crunch? Maybe it's time to start thinking about — and sticking to — a budget.**

Kira Vermond, money columnist at Chatelaine magazine and author of the book Earn, Spend, Save, says credit cards and easy loans have created an impulse-buy system where it's too easy to go off the rails budget-wise because you don't feel like you have to save for big things.

Kira Vermond, author of Earn, Spend, Save, says people have forgotten how to save for big-ticket items.

"The one thing we've forgotten to do as a society is how to save for big-ticket items. We really have to take a page from our grandparents — they knew how to save for things. You have to set goals and work towards them," she said.

Vermond says the key to keeping a budget healthy is to always set away money, even in small amounts, for expensive things like trips while also setting money aside for crucial things like utilities and living costs. Before buying anything you might regret, Vermond recommends first visualizing its inevitable closet-stuffing fate.

"I like to picture things collecting dust in my house. There's so much stuff that we buy that we don't actually use much, and all of it will end up in a landfill eventually anyway," Vermond said.

Credit cards and easy loans have created a system where it's easy to go of the rails, budget-wise.

Glenn Lightfoot, a financial planning consultant with RBC, suggests thinking of your spending as going into different buckets, then tracking how much gets thrown into each bucket regularly.

"Separate your spending into 'Need to Have,' 'Nice to Have,' and 'Long-Term Goals.' You need to understand where your money is going," Lightfoot said.

Learning how to deny yourself things, no matter how small, is a crucial skill, and Lightfoot suggests you approach your budget from a business perspective.

"It's the little things that add up during the week — the coffees, the lunches — that kill people. If you run your family budget the way a business runs its budget, you'll be able to think more ruthlessly," Lightfoot said.

### Budgeting tips

Kira Vermond offers a few tips for making sure your budget stays on track:

- Figure out how much you're spending by tracking where your cash goes for two or three weeks.
- Take a look and decide if what you're spending your money on makes sense. Are you buying useless or unnecessary stuff too often?
- Force yourself to spend less: If you go to the grocery store, take only $100 in cash with you so you can't spend a penny more.
- Avoid impulse buys: Wait 24 hours before buying something and always imagine what it would look like collecting dust, since that's what most items we buy end up doing.

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**Babies being born smaller, study**

U.S. newborns are arriving a little smaller, says puzzling new Harvard research that can't explain why. The average birth weight of full-term babies is just under 7 1/2 pounds, a drop of about 1.8 ounces. THE ASSOCIATED PRESS

# Health & Beauty

## Don't erase the benefits of wine

**HEALTHY DIET** The human body benefits from the polyphenois properties of red wine, namely resveratrol, melatonin, and flavonoids. The key to experiencing these benefits however is moderation.

Health specialists recommend that to stay in the range of beneficial activity, the average man may consume two, five-ounce glasses of wine each day, and the average woman should be limited to one, five-ounce glass per day. Any more than this and the benefits are erased.

NEWS CANADA

# Medical maggots matter

## Inching back the red tape on production

CELIA MILNE
for Metro Canada

**Medical maggots have been making a comeback. But it bugs wound clinicians that Canadians can't get access to maggots the way Americans can.**

Creepy as it sounds, maggots are actually very helpful in treating serious wounds. They eat dead tissue and destroy bacteria, while leaving healthy tissue untouched.

For people who are facing the horror of possible amputation, maggots can be a practical, inexpensive and efficient solution.

"Most patients with chronic, draining, stinking, limb-threatening wounds, often having already suffered weeks or months with them, recognize that 48 hours or more of maggot therapy is much less 'icky' and scary than their wounds," says Dr. Ron Sherman, director of Monarch Labs in Irvine, Calif., to hospitals in Canada and the U.S.

In order to be effective, maggots must arrive at the bedside starving and be used right away. So timing is crucial.

But here's the snag. Health Canada recently reclassified maggots as "drugs" instead of "devices," and this has slowed to a crawl the process of getting them across the border.

Until last year, it took about 24 hours for them to arrive. But it can now take up to three weeks, according to Christine Pearson, a B.C. nurse and board member of the Canadian Association of Wound Care, who spoke to the Canadian Medical Association Journal about the issue.

"The problem with shipping maggots is that they are not only live, but highly perishable. They can not be fed during their journey, or else they will no longer be 'hungry' and effective upon arrival at the bedside," says Sherman.

Maggots are approved by the U.S. FDA but not Health Canada. No company in Canada can manufacture or market maggots until a large clinical trial is done here, but funding is scarce and bureaucratic red tape is abundant, according to Sherman.

Monarch has been sending medical maggots to Canada for 18 years. Last year, they received about 50 orders for maggots, by clinicians in Alberta, British Columbia, New Brunswick, Nova Scotia, Ontario and Quebec. But with the new rules, reported Pearson, ordering maggots is a big hassle for Canadian doctors and nurses.

The best solution would be to set up a maggot-producing laboratory in Canada, says Sherman, and thereby cut down on the delays and frustrations of importing creepy, crawly insects across the border.

Monarch Labs is actively seeking research funding to do Canadian clinical trials of medical maggots.

Then, Monarch would request marketing clearance "if the results are anywhere near as favourable as they have been in the U.S. studies," he adds.

DR. ROBERT KIRSNER/UNIVERSITY OF MIAMI/AP PHOTO

Think of this wriggly little creature not as, well, gross, but as a miniature surgeon.

**"Most patients ... recognize that 48 hours or more of maggot therapy is much less 'icky' and scary than their wounds."**
Dr. Ron Sherman
of Monarch Labs

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# GIVE YOUR SKIN A FRESH START FOR THE NEW YEAR

## A RESOLUTION THAT IS EASY TO KEEP

**Lose 10 pounds, start a fitness routine, engage in volunteer work. Most of us use the new year as a chance to take stock of our lives and resolve to make changes in a variety of areas. Although we approach these changes with utmost sincerity, it's not always easy to keep up the momentum. But don't despair. Research has shown that it is easier to reach your goal if you have set it yourself. There are many changes that are within your control.**

Take your skin for example. At this time of year, it's easy for it to feel unloved due to cold, dry outdoor air, artificial indoor heating and hot showers. The harsh conditions of Canadian winters can strip away the oils from the surface layer of skin. Once the surface layer is compromised, skin can no longer retain its moisture. As a result, skin on the face and body tends to be in worse condition during the winter months than at other times of the year.

But January is a great time to make a commitment to taking better care of the skin on your body. Luckily the majority of factors that lead to dry skin are external and controllable and with care and attention, they can be treated and prevented. This means protecting your outer layer from the elements and taking the time to exfoliate, cleanse and moisturize. If you stick to your routine, your body will reap the rewards.

Dry skin can appear anywhere on the body but hands, arms, lower legs, elbows, back, knees and abdomen are the most common areas. Often it feels like the skin is tightened or annoyingly itchy, but on some people, dry skin can be noticeable and very problematic. In extreme cases, dry skin can lead to inflammation of the skin which can manifest as redness, swelling, crusting, weeping, cracks and fissures. These open cracks and fissures may lead to skin infection.

> The New year is a great time to make a commitment to taking better care of the skin on your body

### A RESOLUTION FOR SKIN CARE

Give your skin a fresh start by giving it the treatment it deserves with new **Olay Quench Advanced Relief Body Lotion.** Specifically formulated to help strengthen skin's moisture barrier over time, Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture for as long as five days after use. Formulated with ingredients that help combat dryness, including, VitaNiacin and Vitamin E, Quench Advanced Relief is non-greasy and fragrance-free.

## New year, new you

Throw out those overwhelming, hard-to-follow resolutions and focus on goals that may be easier to achieve. Here are some easy-to-implement tips for making skin care a priority this year. Remember, a few minutes a day can make a world of difference in your skin's appearance!

### 1. IF YOU DON'T HAVE A SKIN CARE REGIMEN, START ONE

It's as easy as 1-2-3. Moisturize your body and face daily to help restore the natural oils and moisture in your skin. And always remember to clean your face to remove makeup, oil, daily grime and pollutants.

### 2. PROTECT YOUR SKIN FROM THE SUN

Applying a moisturizer with UV protection every morning is the most important step you can take to protect your skin. You may not see the results immediately but your skin will thank you in years to come.

### 3. ADD AN AT-HOME TREATMENT TO YOUR ROUTINE

At-home versions of treatments are growing in popularity. Try Olay Thermal Pedicure for your feet. Used twice or even once a month, at-home treatments can help to reveal younger-looking, fresher skin.

### 4. GIVE YOUR HANDS THE MOISTURE TREATMENT

Gloves or no gloves, hands can suffer from the harshness of the cold season. Relieve dry, winter hands with a good hand lotion.

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**Thin but not necessarily sexy**

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# Gym zone at home

**Choosing a room to function as a home gym or personal workout space is just as important as finding the right equipment. The key is to make the space inviting.**

"Paint's inexpensive, but it can really make a difference," says Ruth Tara, a New York-based home gym designer and former trainer. "Pick a colour you love that isn't white or off-white. Add good lighting so you can see what you're doing."

Put the gym in an area that will keep you active, engaged and coming back for more.Do you like fitness videos, or Wii? Invest in a good, well-positioned TV, and an equally good sound system, so you can play what will motivate you to keep exercising.

Have remote controls accessible for everything.

Then, what about that exercise gear? Experts recommend equipment that works muscles, heart rate, flexibility and mind.

With that in mind, here are five home-gym equipment must-haves:

**STRENGTH-BUILDING** You no longer need a cumbersome rack filled with different weights. "Selectorized" dumbbells can be weight-adjusted with just a click. Bowflex makes a popular version. Add an ab machine and bench press if you want to get serious

**CARDIO AND HEART RATE** Portable fitness options and small accessories can help you go the extra mile. Eric Herman, fitness category manager for Boston-based CSN, likes Stamina's elliptical trainer that's compact, lightweight, and stores easily under a desk or in a closet. They make folding treadmills and bikes, too. Tara likes the Bowflex/Nautilus Treadclimber. Gaiam has a fun mini-trampoline with a handle; it comes with a 35-minute workout DVD. And a few rounds in Wii Fit's hula-hoop activity are effective, too.

**FLEXIBILITY AND BALANCE** Resistance bands are an inexpensive, effective option for muscle toning. Balance balls work your core; Gaiam makes several. And for something different, consider Gaiam's T'ai Chi Fan Dance Kit; it includes a cloth fan and instructional DVD.

**MIND** Work mind and body at the same time with music or a favourite interactive video.

Invest in a good mat, one that doesn't have a strong odour, and think about the colour as well. Co-ordinate your equipment with the hues of your workout space.

Do you work best in a bright, energizing environment, or are you better in a calming, zen-like atmosphere? Hang some mirrors and motivational images to inspire you.

**SAFETY** A non-slip, cushioned surface underfoot is essential. Give yourself enough space to extend your arms and legs without winging the vases off the tables. Position a phone nearby for emergencies. Prepare a portable first-aid box, with gel ice and Band-Aids.

And make sure any moving equipment you buy has an auto-stop safeguard.

Dedicating a room with a full array of gym equipment and probably a new floor will run from $1,500 to more than $20,000.

While a simple gym can be set up in a three-by-three-and-a-half-metre extra room, many people will turn over half of a renovated basement — perhaps six-by-six metres — to a workout area.

"People may splurge on an elliptical or a treadmill, and then a year later, they'll add more equipment as they've proven to themselves that they're serious about working out," notes Herman.

Tara has done some large and elaborate home gyms, complete with remote lighting and sound, tilt-mounted TVs, climate control and a steam room. Fridges, ballet bars and colour-matched equipment are often added.

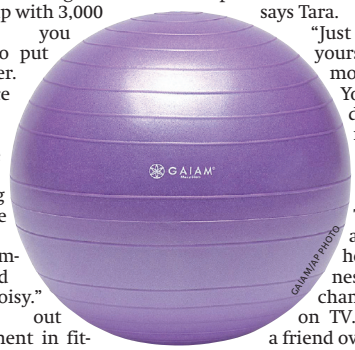
For a typical home, she advises putting the workout area "where you like to spend your time. Better to put it in a corner of the living room than in the bedroom — that's where you go to sleep."

She also advises against ordering a complicated, multi-component piece from an infomercial. "Eight cartons show up with 3,000 pieces you have to put together.

"Once assembled, they're often too big for the space, too complicated and noisy."

Try out equipment in fitness or sporting goods stores and read online reviews. If you're strapped for both cash and space, a mat, some weights and a couple of towels will do, says Tara.

"Just get yourself moving. You don't need all the gizmos. There are 24-hour fitness channels on TV. Invite a friend over. The goal's to stave off boredom so you keep exercising."

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## Sourcebook: Where to find it

- gaiam.com — Core Advantage Stability Ball, $20; T'ai Chi Fan Kit, $29.98; Trampoline, $99.
- fitnessequipmentandmore.com — Stamina In-Motion elliptical trainer, $94.99; Stamina folding bike, $179.
- csnstores.com — Cardiogym self-contained woodgrain workout centre, $2,105.
- homegymdesign.net — Ruth Tara designs small or large custom home gyms.

**Shown: (above) Gaiam Core Advantage Stability Ball; (below) Stamina Folding Exercise Bike and In-Motion E-1000 Elliptical Trainer**

# The roles of attraction

The J Spot

metronews.ca/thejspot

An online dating website that recently expelled 5,000 members, including 500 Canadians, because they no longer met the site's beauty standards has — not surprisingly — met with a lot of criticism.

Frankly, given the unapologetic and blatantly provocative response from the site's management, I think the whole thing reeked of a publicity stunt so I don't care give them any more free publicity by naming the site.

But, stunt or no stunt, it did raise the question about how honest we are when it comes to the importance of looks when it comes to meeting people.

While most guys in my own very unofficial survey admitted that looks matter, most at least tried to pretend that what attracts them physically to a woman went beyond the superficial, with several citing "a woman's eyes" as the first thing that draws them in. Hands came in a close second.

"They're lying," countered one of the many women I asked who cited "sense of humour" as what turned her crank. That's right, because looks are only more important to men. "Oh, and a developed upper body, of course," she added. Bingo.

Another male respondent pointed out that both eyes and a sense of humour are ridiculous answers. "What am I going to say? 'Man look at that woman across the street, great eyes, and what a funny hat, she must have a great sense of humour.'"

Okay, so maybe we're all lying to ourselves. Looks do matter. Still, when pressed, most people will tell you that, when it comes to attraction, looks might get your foot in the door, but if they don't like what greets them once they get inside, they're just as likely to turn around and walk back out.

As American First Lady Michelle Obama told Glamour magazine when they asked her for dating advice, "Cute's good," she said. "But cute only lasts for so long and then it's, 'Who are you as a person?'"

**Michelle Obama**

Ultimately, when it comes to lasting relationships, having similar morals, values, world views and goals in life play a way bigger role than physical attraction. In fact, given the importance of all this other stuff, physical attraction seems like a pretty misguided and unreliable starting point when it comes to finding a mate.

Maybe I should start should start my own exclusive dating site for the rest of us. What do you think? averagelookingpeoplwith lotsofothergreatstufftooffer.com? No beautiful people allowed.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

# Self-control is contagious

**CELIA MILNE**
for Metro Canada

**HEALTHY HABITS** If you're trying to eat better, it's best to hang out with people who nosh on spinach, not cookies.

A series of U.S. studies has found that self-control is contagious. And so is lack of willpower.

Thinking about someone with good self-control makes you more likely to resist temptation, according to researchers at the University of Georgia in Athens, GA.

This could mean that surrounding yourself with people who exercise and eat well could improve your own health.

It is well known that certain behaviours — such as smoking, drug use and over-eating — are shared among people who hang out together.

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# A new drug for C. difficile

**A new, double-barrelled approach to treating C. difficile appears to dramatically reduce recurrence of the debilitating and potentially deadly infection, preliminary testing suggests.**

Researchers developed two drugs, called monoclonal antibodies, which are aimed at neutralizing two toxins produced by Clostridium difficile, a common bacterium that can infect the gastrointestinal tract and cause severe diarrhea in vulnerable patients.

A small study found that injections of the monoclonal antibodies along with specific antibiotics used to treat C. difficile reduced the recurrence of the disease by 72 per cent.

"We're really hopeful that this is a new therapy and a new option for patients," said Dr. Donna Ambrosino of the University of Massachusetts Medical School, which co-developed the drugs.

The study compared 200 patients with C. difficile in 30 centres across the United States and Canada, from July 2006 through April of 2008. Half were randomly assigned to receive antibiotics plus a single injection of the monoclonal antibodies, while the other half were treated with antibiotics and a shot containing a placebo. Patients were then monitored for almost three months.

**"Results showed only seven per cent of patients who received the antibodies suffered a recurrence, compared to 25 per cent of those in the placebo group."**

The research, published in this week's New England Journal of Medicine, is what's called a Phase 2 study, conducted to determine safety of the drugs and optimal dosing. But in analyzing their data, the researchers found a significant difference in how the two groups fared.

Results showed only seven per cent of patients who received the antibodies suffered a recurrence, compared to 25 per cent of those in the placebo group — a 72 per cent difference in the relapse rate.

Of 44 patients infected with the epidemic strain of C. difficile, NAP-1, only eight per cent of those given the antibodies suffered a relapse, versus 32 per cent of those given a dummy shot.

C. difficile is widespread in the environment, with up to five per cent of the population carrying it without ill effect. But for some patients, taking certain antibiotics or other drugs can disrupt natural flora in the intestinal tract, allowing the bacterium to proliferate.

That can lead to severe diarrhea, bowel disease or potentially fatal blood poisoning.

A virulent epidemic strain, known as NAP-1, killed an estimated 2,000 patients in Quebec in the last 10 years, and other outbreaks of the bug caused scores of deaths in some Ontario hospitals.

THE CANADIAN PRESS

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**New breakfast option**

Starting this week Tim Hortons adds English muffin breakfast sandwiches to its morning menu. To celebrate this introduction, participating restaurants are offering all hot breakfast sandwiches for a limited-time price of $1.99. METRO NEWS SERVICES

# Food

## Yogurt cheese cuts calories

**Savvy dieters know the value of yogurt cheese. Made by straining yogurt until it's thick and spreadable, yogurt cheese offers the satisfaction of cream cheese without all the calories. Loblaws has built on this simple idea. Its new Blue Menu yogurt spreads are convenient. The spreads are launching in early February. Price: $2.50 for a 227-gram tub.** TORSTAR NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

**Personal Gourmet recipe of the month** ROSE REISMAN

# Lighten up your chili

### Tex Mex Chili

**PREP TIME: 15 MINUTES**
**COOK TIME: 25 MINUTES**

This is a great, lighter chili typically served in the Southwest. Using chicken rather than beef reduces the calories and fat. Dusting the chicken with flour maintains the moisture. Aged cheddar is the perfect accompaniment. Add diced avocado to the list of garnishes if you like.

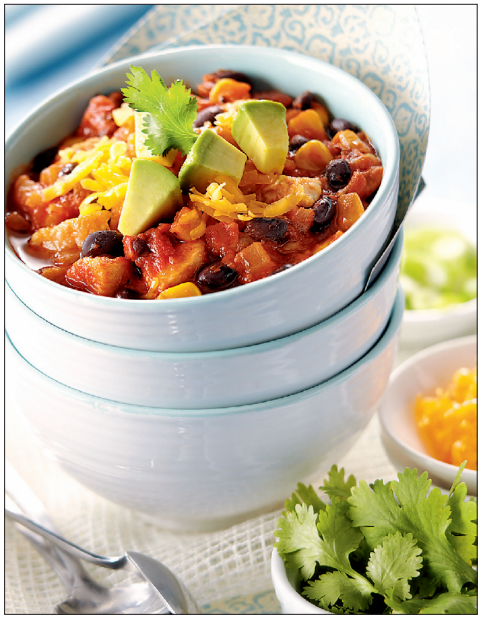
**SERVES 6**

**INGREDIENTS:**

- 12 oz skinless boneless chicken breasts (about 3 breasts), diced
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 1 cup canned corn, drained
- 2 tsp finely chopped garlic
- 1 1/2 cups canned black beans, drained and rinsed
- 2 1/2 cups tomato sauce (or store-bought spaghetti sauce)
- 3/4 cup chicken (or beef) stock
- 1 Tbsp chili powder
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1 1/2 tsp seeded and finely chopped jalapeño pepper (or 1½ tsp hot chili sauce)
- pinch of salt and pepper
- 1/4 cup chopped cilantro or parsley
- 1/2 cup shredded aged light cheddar cheese
- 1/4 cup low-fat sour cream

**METHOD:**

1. Place the chicken and flour in a bowl and toss to coat. Lightly coat a nonstick saucepan with cooking spray, add 1 tsp of the vegetable oil and set over medium heat. Sauté the chicken for 5 minutes or until it is lightly browned on all sides, but do not cook through. Set aside.



Rose Reisman's Tex Mex Chili.

2. Re-spray the same saucepan, add the remaining vegetable oil and set over medium heat. Add the onion and cook until soft, stirring frequently, about 5 minutes. Stir in the corn and garlic and continue to cook and stir for 5 minutes or until the corn is browned.

3. Stir in the beans, tomato sauce, stock, chili powder, basil, oregano, jalapeño, salt and pepper.

4. Bring to a boil, reduce the heat and cover. Simmer for 15 minutes. Add the diced chicken and simmer, uncovered, for 5 minutes or until the chicken is just cooked through and the chili thickens. Serve the chili in bowls, and garnish with cilantro, cheese and sour cream.

### Potato Corn Chowder

**PREP TIME: 15 MINUTES**
**COOK TIME: 30 MINUTES**

Traditional corn chowder is usually prepared with excess cream and butter. My version uses evaporated milk, and you'll be surprised at how creamy and rich the soup tastes. Charring the corn gives the soup a fresher flavor.

**SERVES 4**

**INGREDIENTS:**

- 2 cups corn niblets (canned or fresh)
- 1½ tsp vegetable oil
- 1 cup chopped onion
- 1½ tsp finely chopped garlic
- ½ cup chopped red bell pepper
- 1 cup peeled and diced potato
- 2½ cups chicken stock
- ½ tsp hot chili sauce (or finely chopped jalapeño pepper)
- 2 tsp all-purpose flour
- 1 cup canned evaporated milk (2%)
- pinch of salt and pepper
- 3 Tbsp chopped parsley

**METHOD:**

1. Lightly coat a nonstick skillet with cooking spray and set over medium heat. Sauté the corn for about 8 minutes, stirring often or just until lightly browned. Purée half of the corn in a small food processor. Combine the puréed corn with the whole corn in a small bowl and set aside.

**Comfort without calories!**

2. Add the oil to a large, nonstick pot and set over medium heat. Add the onion and garlic and sauté for about 4 minutes. Add the red pepper and sauté for another 2 minutes. Add the potato, stock, chili sauce and corn mixture. Bring to a boil, then reduce the heat to low and simmer, covered, for about 15 minutes or until the potato is tender.

3. Whisk together the flour and milk in a small bowl and gradually add to the soup. Add the salt and pepper. Simmer, stirring occasionally for 3 minutes or until slightly thickened and heated through. Garnish with parsley.

**About Rose**

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

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metronews.ca/liquidassets

## A perfect start

Would you like something to drink while you look at the menu?

I used to hate that question, especially when it's served-up on my first visit to a restaurant. My waiter will let me spend as much intimate time as I want with the appetizer list, but always seems to think I know everything they've got behind the bar without looking.

I found the liquid answer on my first trip to Italy. Most Italians will start a fine meal with **Campari ($24.70 - $26.99)** – a bright red apéritif invented in Milan back in 1860. Made from a secret blend of 60 herbs, spices and neutral spirit, it's considered a bitter.

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**Keef quits drinking**

Keith Richards has given up alcohol. The Rolling Stones guitarist — who is known for his hellraising lifestyle — hasn't downed a drink in four months, despite previously claiming he would never become teetotal. FEMALEFIRST.CO.UK

# Entertainment

## Johnny's alive

Johnny Depp's rep was forced to confirm that the Pirates of the Caribbean star is alive and well after a rumour swept Twitter over the weekend claiming Depp had died in a car crash in France. METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

# Prop 8 doc protest-free

## No Mormon opposition at Sundance screening

**Despite rumoured anti-gay protests, a Sundance Film Festival documentary about the Mormon church's role in a 2008 California political battle over gay marriage played to a friendly audience on Sunday in Park City.**

Only about two dozen gay marriage activists chanted — "Separate, church from 8" — in a parking lot outside the premiere of 8: The Mormon Proposition.

The film by Reed Cowan, a former Utah Mormon, contends that the locally based Church of Jesus Christ of Latter-day Saints was the driving force behind Proposition 8.

The ballot initiative reversed an earlier court decision that legalized gay marriage. Before the screening, festival director John Cooper had said he expected a small, but loud, group of "haters," might picket the film, but doubted that Mormon church members would be among them.

"It's not really the Mormon style," said Cooper, who is gay and married his partner of 20 years last year during the window between the court ruling and election day.

A Utah-based anti-gay equality group, America Forever, sent out 80,000 faxes on Friday denouncing the movie, its makers and the festival on Friday. Internet chatter among other anti-gay groups had also hinted they might come to Sundance, activist Eric Ethington said.

Mormon church officials have consistently called for a polite, respectful dialogue on the issue.

The church has actively fought marriage equality legislation across the U.S. since the early 1990s.

The movie made one moviegoer — Carolyne Simpson of San Diego — want to engage in a productive dialogue. Simpson, who isn't Mormon, said she supports gay marriage.

"What I come away with is that it might be interesting to go down and sit at the Mormon church and engage in a dialogue, and say, 'Tell me what you believe and here's what I believe,'" the 65-year-old said. "This is the time we should be talking to each other."

Church officials have not seen the film, spokeswoman Kim Farah said.

"Judging from the trailer and background material online, it appears that accuracy and truth are rare commodities in this film," Farah said.

THE ASSOCIATED PRESS

Sundance Film Festival

GETTY IMAGES

Directors Steven Greenstreet, left, and Reed Cowan have brought their documentary 8: The Mormon Proposition to the Sundance Film Festival in Park City, Utah.

**"It might be interesting to go down and sit at the Mormon church and engage in a dialogue."**
Moviegoer Carolyne Simpson

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## U.S. in denial about JFK killing: Stone

CONSPIRACY THEORY

Hollywood filmmaker Oliver Stone said yesterday the United States remains in denial over the possibility that someone other than Lee Harvey Oswald could have assassinated John F. Kennedy, calling it a "national fairy tale."

Speaking to 300 high school students in the Thai capital, Bangkok, Stone said exploring alternative theories over the JFK assassination remains too sensitive for those in the media or academia who "would be endangering their careers and their position."

"To this day, many key Americans in power are in total denial about this story," Stone said. "They don't even want to know about the possibility that he was killed by someone other than Lee Harvey Oswald. It is a national fairy tale."

Stone was in Bangkok to talk about filmmaking and peace as part of a series of talks facilitated by the Vienna-based International Peace Foundation.

His 1991 film JFK, which he acknowledged was his most controversial, ridicules the Warren Commission conclusion that Oswald acted alone and suggests a massive conspiracy.

Stone also said yesterday he thought it was "a good thing" to revisit the JFK assassination.

THE ASSOCIATED PRESS

# Company Men takes hard look at recession

SUNDANCE The recession has hit Ben Affleck. He's out of work, saying goodbye to his beloved Porsche, losing his home, stuck moving back in with his parents.

Affleck stars in The Company Men, a Sundance Film Festival premiere in which he plays a man who loses all the material wealth he has accumulated when his high-paying job as a sales executive is eliminated in a round of cutbacks at his firm.

His character learns, like many unemployed Americans, that along with the stuff, he has lost a big part of his identity when his job goes away.

"It's sort of an existential crisis," Affleck said. "This sort of shame and difficulty in saying, 'Well, what am I? Well, I'm not really this. I can't really say I'm X if I'm not making money at it.'"

The Company Men is kind of the flipside of George Clooney and Jason Reitman's recession tale Up in the Air. In the latter, Clooney plays the hitman, the guy who goes around firing people at downsizing companies. The Company Men centres on the people losing their jobs.

"I tell people who ask me about it that, if you were interested in those people that Jason Reitman interviewed and put into the film who really lost their jobs, that this movie begins as they walk out of that room. This movie is really about what happened to those people," said John Wells, the man behind ER who makes his feature-film writing and directing debut on The Company Men.

THE ASSOCIATED PRESS

### Company cast

- The Company Men co-stars Tommy Lee Jones as a top corporate executive agonizing over how his company callously casts off workers to boost share prices. Kevin Costner plays Affleck's blue-collar brother-in-law, Chris Cooper is a veteran executive who is among the casualties and Maria Bello takes on the Clooney function, delivering the bad news to fired workers.

Ben Affleck, right, and Tommy Lee Jones star in The Company Men which premiered at the Sundance Film Festival.

**The new face of Lancome**

Julia Roberts is the new face of Lancome. The Duplicity actress is thrilled to have landed the slot in the luxury beauty brand's advert and admits fronting the skincare line has been a long-running "dream" of hers. METRO NEWS SERVICES

# All in the Linden family

Jay Linden, above, and Colin, right, play Hugh's Room tomorrow.

BRIAN TOWIE
Metro Canada

**Jay Linden will bring the brotherly love on Wednesday night.**

The Cambridge, Ont.-based singer songwriter will appear at Hugh's Room on Wednesday to celebrate his newest release Under The Radar. Joining him will be his brother Colin Linden (of Hamilton-based Blackie And The Rodeo Kings), who leant Jay a helping hand by producing the album and supplying equipment, among other things.

You can't pick your family, but you can pick who you record with, and given that the brothers (Jay the oldest and Colin the youngest of three) spent their formative years together bouncing around Toronto's bustling folk scene of the 1970s, Colin was the perfect choice — bringing his Juno-Award winning flair for roots music to Jay's folk sound. Having that kind of fraternal mojo, it's no surprise the disc only took two days to cut.

"I was worried that we weren't going to be on speaking terms afterwards, but it went very smoothly," laughs Jay. "We obviously know each other very well, and Colin certainly has more experience than I have recording, working with people like Colin James and his own group. So I would defer to him 100 per cent of the time if he had a suggestion."

True to its name, Under The Radar is only the second album Jay Linden has released in a career that spans over 40 years and change in music — but now that one can record and release with less hassle than one could in the past (He cites technology and record company control as two reasons why), he has developed a taste for it, and brother Colin's glad to see it.

"I'm really happy that he's opted to play music, because it's something he was always incredibly gifted at," says Colin. "He kind of took a circuitous route, but I feel that his writing's just getting better and better. I think for him the life of a musician at the stage he's at is more appealing than it was when he was in his 20s."

## In Concert

- Jay Linden is backed by his Juno-winning brother Colin tomorrow at the album release party for Under The Radar at Hugh's Room, 2261 Dundas St. W., $18.

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# Jimmy Kimmel marks 7 years of late nights

**There is happiness to be found in late-night TV these days. Just ask Jimmy Kimmel, who is celebrating the seventh anniversary of his ABC show today with guest Harrison Ford.**

Jimmy Kimmel is celebrating the seventh anniversary of his ABC show today with guest Harrison Ford.

Ford is set to deliver a "very special" gift to the Jimmy Kimmel Live! host to mark the occasion, ABC said Monday.

"People often ask me if I ever imagined we'd be on the air this long," Kimmel said. "It's a weird compliment wrapped in an insult, but I'll take it."

He added that he feels lucky to work "for a network that showed enough patience to allow us to grow and, more importantly, pays almost no attention to what goes on after midnight."

Kimmel's milestone comes just days after Conan O'Brien ended his seven-month tenure as Tonight host, with Jay Leno set to reclaim the job he left last year. O'Brien's exit was preceded by a bitter public battle with NBC over its plan to shift him to a post-midnight slot.

**"People often ask me if I ever imagined we'd be on the air this long. It's a weird compliment wrapped in an insult, but I'll take it."** Jimmy Kimmel

Jimmy Kimmel Live! airs at 12:05 a.m. EST weeknights on ABC. Also appearing on the anniversary show today are Kristen Bell and the Silversun Pickups band.

Among the highlights of Kimmel's run: a pair of comic films that went on to become Internet sensations, one in which Matt Damon and Kimmel's on-again, off-again girlfriend Sarah Silverman sing of their faux hot love affair, and the other with Kimmel striking back by claiming a romance with Damon's pal Ben Affleck.

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SECOND CUP

## DVD picks

### Michael Jackson's This Is It

Director: Kenny Ortega
Michael Jackson

DOES THE UNUSUAL docu-concert movie This is It have anything to offer folks who aren't confirmed fans of Wacko Jacko? Can anything of real value be expected from the filmed record of rehearsals for Michael Jackson's concert series that had been scheduled to begin last July at London's O2 Arena?

Yes and yes.

MJ fans will love the swirling, fast-cut images of Jackson performing his greatest hits in energetic — even athletic — style. Beat It, Billie Jean and Thriller are given the full production treatment. There is also plenty of time devoted to Wanna Be Startin' Somethin' and Smooth Criminal.

But anyone curious about the man himself — and who isn't? — and the state of his mind and body before his untimely death from heart failure at age 50, will find lots of interest in This is It.

Kenny Ortega, Jackson's longtime collaborator and creative director, shows us an MJ we haven't seen before. It's Michael Jackson unvarnished, the wizard behind the curtain and the man-child in the mirror, and it's fascinating to behold. He's as tough as Frank Sinatra with his perfectionistic demands, brooking no dissent as he puts dancers and musicians half his age through their gruelling paces. But he's also as fragile as Judy Garland, as is evident on the moving ballad Human Nature.

The film was culled from more than 100 hours of high-definition rehearsal footage, shot from March 2009 up to the hours before Jackson died on June 25, and lensed mainly at the The Forum and Staples Center in Los Angeles, where Jackson had been putting in full days of work for weeks.

This Is It delivers an emotional wallop; there's an undeniable sadness seeing it and knowing it's the show he never gave and never will.

Extras include expanded Thriller and Smooth Criminal rehearsals and several making-of and Jackson remembrance featurettes.

Peter Howell/for Metro Canada

**On the web**

Also on DVD:

- Read Metro's review of Surrogates at metronews.ca/movies

**Tony winner Mitchell joining Ugly Betty**

A skeleton is about to tumble out of Wilhelmina's closet in the form of Tony winner Brian Stokes Mitchell. Sources confirm that the Broadway vet is joining Ugly Betty in the potentially recurring role of the character's former flame, Don. EW.COM

# Truth best served cold

## Winter major character in Newfoundland drama

A scene from Grown Up Movie Star, which is being screened at the Sundance Film Festival in Park City, Utah.

IAN GORMELY
for Metro Canada

**Given the emotional roller coaster her characters go through, it's easy to understand why writer-director Adriana Maggs is quick to dispel any thoughts that her debut feature, Grown Up Movie Star, is in any way autobiographical.**

The film doesn't paint a rosy picture of family life. In its opening scene the main character, Ruby, is abandoned by her mother, left to live with her father, Ray, a disgraced ex-NHL player distracted by a growing awareness of his homosexuality.

Thirteen and equally confused about her burgeoning sexuality, Ruby turns to other men in her life, including her father's wheelchair-bound best friend, for attention.

"A lot of the scenes, conversations and characters are composites or amalgamations of real people," Maggs concedes.

"I was really hard on myself to make sure I was reflecting the absolute truth of the situation, that I wasn't just making it up."

**"I was really hard on myself to make sure I was reflecting the absolute truth."**
Grown Up Movie Star director Adriana Maggs

Born in Newfoundland, Maggs set the film in her home province, but never intended to shoot it in the middle of February.

"You'd be crazy to write a movie and say, 'I want to shoot this in 50-below winds,'" she jokes. But fate forced her hand when funding became available in the winter and Maggs soon found herself filming in the frigid cold while pregnant.

**Grown Up Movie Star opens Friday**

Though not planned, it's hard to imagine the movie without its snow-covered landscapes.

Similar to the Coen Brothers' Fargo, the snow almost becomes a character in the film. Maggs credits her crew and producers for their hard work in such arduous conditions, including the film's star Shawn Doyle, who also served as executive producer.

Doyle is an established actor in the states, probably best known for his work in Big Love.

A native Newfoundlander, he was looking for a project to do at home when he was approached about Grown Up Movie Star.

"He definitely wanted to know that he wasn't going to be in a crappy film, so we had to convince him of that," says Maggs. "But it was pretty good timing."

The film was recently added to the lineup of the Sundance Film Festival, currently being held in Park City, Utah, and Maggs was in the middle of packing when Metro spoke to her on the phone.

Far from a vacation, she anticipated doing a lot of press in between five screenings and a brunch with Robert Redford.

"There's a U.S. publicist who has my life totally scheduled," she says. "I like it. I get overwhelmed when I have to organize things."

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# Yes Men strike again, at a theatre near you

PHIL BROWN
for Metro Canada

**For more than a decade, The Yes Men have been attacking big business and irresponsible governments, but not in a conventional manner.**

Rather than holding protests or passing out pamphlets, they raise awareness through comedy. The Yes Men (aka Andy Bichlbaum and Mike Bonanno) create personas to pose as corporate and government representatives at conferences and deliver satirical addresses.

In their first stunt they proposed that corporations buy votes directly from citizens instead of through campaign financing and it got some hilariously positive responses.

Since then, they've pulled off similar hoaxes around the world (most recently releasing a fake press release as the Canadian environment minister at the 2009 United Nations Climate Change Conference to draw attention to our country's carbon admission problems) and have created two documentaries showcasing their work. Their most recent effort, The Yes Men Fix The World, opens Friday.

"We try to use to humour to get our message across to as many people as possible," Andy Bichlbaum told Metro. "Like the Canadian press release flurry. That was a funny and silly thing to do, but it was also covered all over Canada. A lot of people found about the tar sands that way and we were thrilled to get our point across to such a large audience."

The Yes Men Fix The World opens in theatres Friday.

Their latest film features such ambitious stunts as appearing on BBC World News as a representative for DOW Chemical claiming that they would be donating 12 billion dollars to the victims of the infamous Bhopal disaster from the '80s. The stunt caused a $2 billion drop in Dow's stocks and brought attention to the disaster for the first time in 20 years.

The Yes Men's work has grown more ambitious over the years, but they have never faced any significant obstacles.

Their stunts have garnered international recognition, but no real flak until this year. "We're currently being sued by the U.S. Chamber of Commerce," revealed Bichlbaum. "It's the first time after 12 years that anyone has ever dared to take legal action against us, but it shouldn't go very far. Hopefully it will set a precedent that will help other people realize that they can do this without fear."

Bichlbaum and Bonanno are hoping that other comedians and activists will take their lead and use similar methods to draw attention to important issues.

In fact, they're opening their own training centre, "We're trying to create what we're calling a 'Yes Lab,' which is a forum for people to come and brainstorm these sorts of projects. We'll give away our secrets and hopefully other people will start doing similar things as well."

# Hurt Locker wins top PGA prize

**AWARD** The Hurt Locker scored the top film award from the Producers Guild of America, building new momentum for the Iraq war drama in the expanded Oscar race for best picture. The film about a risk-taking bomb disposal technician beat out such celebrated nominees as Avatar, Inglourious Basterds and Up in the Air.

The Hurt Locker, starring Jeremy Renner and directed by Kathryn Bigelow, also bested the films Star Trek, District 9, An Education, Invictus, Up and Precious: Based on the Novel Push By Sapphire at Sunday's Producers Guild Awards at the Hollywood Palladium, the latest kudofest in the run-up to the Academy Awards in March.

Assuming The Hurt Locker earns an Oscar best-picture nomination Feb. 2, it will have just as much competition as it did at the PGAs, which followed Oscar organizers lead and doubled the best-picture category to 10 nominees.

In other PGA film categories, Up won for animated feature and The Cove was lauded for documentary. The Harlem drama Precious: Based on the Novel 'Push' By Sapphire was honoured with the Stanley Kramer Award, a prize named after the late director that recognizes work which explores provocative social issues.

THE ASSOCIATED PRESS

**Smallville adds Silver Banshee**
Smallville is adding yet another DC villain. Odessa Rae has been cast as the Silver Banshee, TVGuide.com has learned exclusively. METRO NEWS SERVICES

# Stars take to Nickelback

**Hip-hop and R&B producer Timbaland has joined a small group of music hitmakers who have publicly pledged support for one of the world's most-maligned bands, Nickelback.**

Coldplay's Chris Martin raised some eyebrows during an interview in 2008 when he said he had "nothing but respect" for the Canadian band and added, "I think they're great."

Now Timbaland has praised the band that so many music fans have condemned.

Despite Nickelback's stellar track record of CD sales, and a recent "band of the 2000s" honour bestowed by Billboard magazine, the group continues to get little respect from critics and music aficionados.

But when Timbaland — whose real name is Timothy Mosley — drew up a short list of artists he wanted to work with on his latest album, Shock Value II, he thought of Nickelback frontman Chad Kroeger.

The album also includes collaborations with fellow Canadians Drake and Nelly Furtado and other superstars including Justin Timberlake and Miley Cyrus.

Timbaland sought out Kroeger for the track Tomorrow in the Bottle and got a "very easy" yes, he told The Canadian Press.

"I just love Nickelback's music," he said. "That's why I reached out to Chad."

As for working with Drake, Timbaland said he sent the young rapper a track based on "his voice, his tone."

"It just sounded like his type of style," Timbaland said of the music behind Say Something, which Timbaland also raps on.

THE CANADIAN PRESS


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**Soap star Mitchell dies at 89**

Soap opera star James Mitchell, who for 30 years entertained All My Children fans as tycoon Palmer Cortlandt on the popular ABC daytime show, has passed away at the age of 89. THE ASSOCIATED PRESS

## Stein murder case begins

**COURTS** A personal assistant is on trial in the bloody killing of her boss, a New York real estate powerhouse with punk-rock roots.

Opening arguments began yesterday in the Manhattan murder case against Natavia Lowery. Prosecutors say she stole more than $30,000 from Linda Stein and then clubbed her to death with a piece of exercise equipment to silence her. Lowery denies killing Stein. Her lawyers say police browbeat her into confessing to the October 2007 killing by questioning her for hours.

The 28-year-old Lowery faces 25 years to life in prison if convicted. Stein co-managed influential punk rockers the Ramones before turning to real estate. THE ASSOCIATED PRESS

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# Charlie Wilson bounces back

## Formerly down-on-his-luck R&B star tapped for two Grammy awards

**Over the years, the Grammys have served as a backdrop for heart-tugging comeback stories. If Charlie Wilson should win either one of the awards he's up for on Sunday, it may mark one of the more unusual — a successful resurgence after a series of setbacks, including spending two years homeless.**

GETTY IMAGES FILE PHOTO

R&B star Charlie Wilson has gone from sleeping on the streets to two Grammy Award nominations.

"People really don't know how I laid in the streets," Wilson said. "From that to this, I cried when they told me I had a Grammy nomination. It still doesn't seem real to me, because so many doors have been shut on me so many times... Everything was derailed."

Wilson, nominated for best R&B album for Uncle Charlie and best male R&B vocal performance for There Goes My Baby, has one of the most recognizable voices in R&B. His crisp tenor anchored hits like Outstanding and You Dropped the Bomb on Me as lead singer of the Gap Band in the early 1980s. The group, which included brothers Ronnie and Robert, were among the top R&B acts in the nation.

Catch the Grammy Awards this Sunday

But Wilson says the Gap Band hit a roadblock in 1986 when they asked to split their publishing deal with their manager. Wilson claims the manager dropped them and then had them blackballed in the industry, threatening anyone who tried to sign them since the group was still under contract with him.

"I couldn't bounce back from that," he said. "Everywhere we went, he ran interference. He threatened people. It was a sad situation. Drugs came a lot more. My brothers and I weren't getting along that well."

Slow cash flow and a cocaine and alcohol addiction drove Wilson to become homeless, as he slept in the alleys of Los Angeles' famed Hollywood Boulevard between 1993 and 1995.

Some of the homeless who knew of the singer took care and protected him, finding him food and building a place for him sleep. He used a brick for his pillow, cardboard for a bed and shopping carts to surround him.

Outside of his homeless friends, Wilson didn't want to be seen by anyone else. During the daytime, he would hide away from the public until dark.

"It was horrifying," he said. "When the sun came up, I ran like Dracula. I tried my best to hide."

THE ASSOCIATED PRESS

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| cable variety | 602 | 567 | 27 | W | Supernanny | | Dine With Me | Grocery Bag | Beauty Call | Style by Jury | How to Look Good Naked | | Beauty Call |
| | 570 | 580 | 29 | MM | Love Court | My Date With... | Degrassi: TNG | Degrassi: TNG | Degrassi: TNG | Degrassi: TNG | disBAND | Love Court | MuchOnDem |
| | 615 | 520 | 31 | A&E | Criminal Minds (HDTV) | | Criminal Minds (HDTV) | | Psychic Kids: Paranormal | | Paranormal | Paranormal | Psychic |
| | 700 | 800 | 35 | TLN | Centrovetrine | Sky TG 24 | Magnifica Italia | David Rocco | RIS - Delitti Imperfetti | | George Lopez | George Lopez | Lopez Tonight |
| | 571 | 581 | 36 | MMM | The Daily Fix | | Ranked! | | I Want to Work for Diddy | | Entourage | Wild 'n Out | mmtop10.ca |
| | 575 | 583 | 38 | CMT | Amer. Funniest Home Videos | | Reba | Reba | According/Jim | According/Jim | Home Improve. | Home Improve. | This Is It |
| | 616 | 521 | 39 | SHO | Relic Hunter | | *Making Mr. Right* (2008, Romance-Comedy) Dean Cain. | | | | Drop Dead Diva (N) | | NCIS |
| | 620 | 523 | 40 | BVO | At the Concert Hall | | Diana Krall: Live in Rio | | | | | Kaeshammer | Law & Order |
| | 601 | 562 | 41 | SLC | Rich Poor | Rich Poor | Party Mamas | Party Mamas | Party Mamas | Wedding SOS | Wedding SOS | Wedding SOS | ET Canada |
| | 522 | 506 | 43 | HIS | Ancient Discoveries | | Cities of the Underworld | | Pawn Stars (N) | Pawn Stars (N) | Ancients Behaving Badly | | Crime Stories |
| | 625 | 548 | 44 | COM | Air Farce | 22 Minutes | Corner Gas | Name Is Earl | The Simpsons | South Park | Jeff Dunham | Blue Collar TV | Daily Show |
| | 600 | 564 | 46 | H&G | House Hunters | Property Virgin | Million Dollar Listing (N) | | Bang, Buck | Genevieve | House Hunters | House Hunters | Holmes-Homes |
| | 294 | 529 | 47 | TBS | Family Guy | Family Guy | House-Payne | House-Payne | Law & Order: Special Victims | | *Doom* ★★ (2005, Science Fiction) | | |
| | 576 | 582 | 49 | BET | 106 & Park | | *Sprung* ★★ (1997, Comedy) Tisha Campbell, Rusty Cundieff. Premiere. | | | | The Single: Monica | | Mo'Nique |
| | 627 | 528 | 50 | SPC | Stargate Atlantis (DVS) | | Lost "Some Like It Hoth" | | Human Target "Rewind" | | Fringe (HDTV PA) (N) | | InnerSpace (N) |
| | 581 | 566 | 52 | MTV | Peak Season | After | Cribs | Parent Control | Teen Mom "Baby Steps" | | Teen Mom (Season Finale) (N) | | |
| | 618 | 524 | 54 | TROP | Parking Wars | Parking Wars | Rescue Ink | | Dog Whisperer | | End of Leash | Bootcamp | Tube Tales |
| | 603 | 561 | 56 | FOOD | Ricardo | Exotic | Dinner: Impossible | | The F Word (N) | | Good Eats | Good Eats | Restaurant |
| | 261 | 394 | 60 | V | Murder, She Wrote | | Hallelujah! | When I Laugh | Quantum Leap | | Unscripted (N) | Benmergui-Isr | Poltergeist |
| | 621 | 527 | 63 | STR | Look-A-Like | TMZ | The Ellen DeGeneres Show (N) | | The View (HDTV) (N) | | The Dr. Oz Show (HDTV) | | TMZ |
| | 553 | 546 | 65 | TRE | Backyardigans | Night Garden | Waybuloo | Franklin | Little Bear | Maggie-Beast | Babar | Zigby | Max & Ruby |
| | 526 | 507 | 249 | VIVA | Cold Case "Sanctuary" | | Missing "M.I.A" | | The Closer | | Cold Case "Sanctuary" | | Psychic Inv. |
| | 300 | 601 | 301 | M1 | *Knights-Blood* | (7:25) *Deadliest Sea* (2009, Adventure) | | | *The Deal* (2008, Comedy), LL Cool J | | | (10:45) *Bridge to Nowhere* | |
| | 305 | 612 | 306 | PIX | *The Quick Gun* | (7:20) *Crosswinds* ★★ (1994, Action) | | | *Life Stinks* ★★ (1991, Comedy) | | | (10:40) *Pitch* (1997) | |
| | 520 | 146 | - | DISC | Daily Planet (N) | | How It's Made | How It's Made | Destroyed | Destroyed | License to Drill "Paydirt" (N) | | Daily Planet |
| | 637 | - | - | TVLND | Red Green | Red Green | Fantasy Island | | Hart to Hart | | Andy Griffith | Phil Silvers | Bizarre |
| | 605 | - | - | FASH | Creepiest Couples | | FashionTele | RAW | Canada's Next Top Model | | Australia's Next Top Model | | Pretty Wicked |

## critics'corner

### Life Stinks

It's no "Young Frankenstein," but this Mel Brooks comedy delivers plenty of chuckles if not a lot of belly laughs. Brooks plays a wealthy developer who wants to buy up and tear down a poor Los Angeles neighborhood. He bets a rival that he can survive 30 days in the neighborhood homeless and broke. Lesley Ann Warren also stars in this 1991 charmer. 7:30 AM on PIX

### Scrubs

It's "hell week," and Dr. Cox assigns Lucy the job of team leader, a decision he soon has cause to regret when she takes the job much too seriously. A visit from an internationally renowned surgeon has Turk feeling insecure in the new episode "Our Dear Leaders." 8 PM on ABC

### Drop Dead Diva

Jane defends Deb's mother in a divorce, while Grayson represents her father. Kim represents a dog owner who sues a pet cloning company, claiming the clone is not the same dog as his first pup, a Westminster champion in the new episode "The Chinese Wall." 10 PM on SHO

## Coleman busted for skipping court

**LAW** Actor Gary Coleman has been arrested on a warrant for failing to appear in court, police said. The 41-year-old former Diff'rent Strokes actor was booked into the Utah County Jail Sunday, said Santaquin police officer Shawn Carter.

Gary Coleman

He said that he didn't have details on the warrant or know if Coleman was still being held. He said more information would be released later. The Salt Lake Tribune reported that Utah County Jail records show he was arrested after police received reports of a disturbance at his home.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

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For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

**Talk about a sweet 16**

For his 16th birthday, Diddy gave his son Justin Dior Combs a brand-new silver Maybach (price tag: $360,000 US). The teen received the wheels on Saturday night, people.com reports. METRO NEWS SERVICES

## Celebrity Buzz

# Split rumours persist

**JUST GET IT OVER WITH ALREADY** Though their reps continue to deny the story, details continue to emerge on the alleged separation of Brad Pitt and Angelina Jolie.

"It's no secret they have been in a pretty loveless relationship for about a year," a source tells the Sun. "They barely spend time together, and when they do it is very fraught. They want different things from life."

The source claims that it was Pitt's brother Doug who convinced him to pull the plug on the relationship after a particularly chilly holiday season. This past weekend, Pitt was in Los Angeles helping George Clooney with his Haiti telethon, while Jolie stayed in New York for a photo shoot. Another source told the New York Daily News newspaper: "I was told (the separation is) not true. They are very secretive. But I was told it's not true."

On Sunday, the News of the World newspaper claimed Brad, 46, and 34-year-old Angelina had visited divorce lawyers to help them separate and planned to split up in the near future. The legal document they allegedly signed will see their $330 million US fortune halved in two, METRO WORLD NEWS

# Woods' wife allegedly visits him at sex clinic

**ONE WOULD THINK KEEPING A SUPERMODEL AWAY WOULD BE A BETTER FIT FOR A SEX ADDICT** Tiger Woods had a special visitor recently at the Mississippi retreat where he is reportedly receiving treatment for sex addiction.

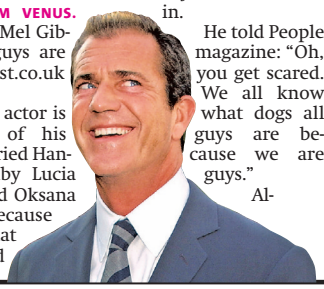
According to Radar Online, Woods' wife, Elin Nordegren, spent several days at the facility participating in his treatment before returning home to Florida. "The marriage is not over. They both want to save it," a source tells the website.

With so much scrutiny on his personal life, Woods has at least one supporter in his corner: Mel Gibson came to the golfer's defense while chatting with Good Morning America, saying that "sometimes the most difficult part is being able to forgive yourself," which can be difficult when "everyone else is beating on you." Gibson says he's looking forward to Woods getting back to playing golf. METRO WORLD NEWS

# All guys are dogs: Mel

**MEN ARE FROM MARS. WOMAN ARE FROM VENUS. GIBSON IS FROM ...** Mel Gibson thinks "all guys are dogs," femalefirst.co.uk reports.

The 54-year-old actor is very protective of his daughters — married Hannah, 29, and baby Lucia with his girlfriend Oksana Grigorieva — because he knows what men are like and what they are interested in.



He told People magazine: "Oh, you get scared. We all know what dogs all guys are because we are guys."

Although Gibson is distrustful of any man's intentions for his girls, the actor acknowledges that women are far smarter than guys give them credit for.

"We shouldn't despair, the truth is all women are smarter than men."

The Hollywood star is a very protective father and partner and last week revealed he keeps a gun in his house. METRO WORLD NEWS

# Carey picky with her food

**SHE'S ALSO PICKY WITH HER MEN AND HER SERVANTS AND HER CLOTHES AND...** Mariah Carey refuses to mix her proteins and carbohydrates, femalefirst.co.uk reports.

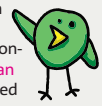
The singer admits she has to watch her diet and is careful to balance out her food groups, as well as undertaking regular exercise.

She said: "If I have rice, I can't have meat at the same time. I also do water aerobics, swimming and Pilates."

Carey also says she has accepted her curvy body as she will never be a size zero. METRO NEWS SERVICES

Follow these celebrities on Twitter...

## CelebTweets



Taylor Swift can only exercise under certain conditions, Jonathan Ross isn't worried about what you think of him, Tila Tequila finally gets the recognition she deserves, and Nick Cannon compares himself to NBA stars.

@wossy Just went for a lovely swim, listening to soundtrack from #GLEE. If that makes me seem less robustly masculine then that is your problem.

@officialTila When I'm SO excited! They are naming a Milkshake after me at "Millions of Milkshakes" this thursday in Hollywood! Everyone come! What an honor!

@NickCannon The results are in. Whose Rap Career was worse, Mine or Kobe Bryant's? And it goes to... SHAQ!!!!

@taylorswift13 The hardest part about motivating myself to run is finding matching socks. METRO WORLD NEWS

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Wednesday Variable -2° / -7°
Thursday 60% Flurries -5°/ -13°

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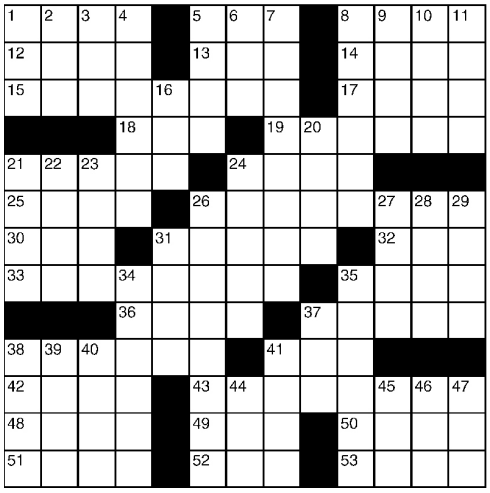
# Take Five

For more delicious Metro recipes, visit: metronews.ca/food



**ACROSS**

1 Snowbank creator
5 Blond shade
8 Recedes
12 Helper
13 Extinct bird
14 — contendere
15 Cleared out, as by hoeing
17 Let fall
18 Pester for payment
19 Turn white
21 Let off the hook?
24 Authentic
25 . ."Wind in the Willows" character
26 Like some grapes
30 Pismire
31 Dazzles
32 Luau offering
33 Unthink-ing
35 Sturdy fabric
36 Mature
37 Retains
38 Shoddily made
41 Torched
42 Bread unit
43 Unnecessary
48 Vote off the island
49 — Jima
50 Vicinity
51 Quarry
52 Coffee break hour
53 Black plus white

**DOWN**

1 Dog's foot
2 Recline
3 Praise in verse
4 Joined as one
5 "So be it"
6 "Mayday!"
7 They're washed-up
8 Ultimate goal
9 "— Free"
10 United nations
11 Frosh who graduated
16 Drag along
20 Young fellows
21 Hexagonal state
22 Zilch
23 — de foie gras
24 Don't just toss
26 "Hurry!"
27 Duel tool
28 Daytime TV entry
29 Sermonizers' subjects
31 Misstep
34 In need of caulking, maybe
35 Flier's awkward feeling
37 Tease
38 Hoofbeat sound
39 Session with a shrink
40 Facility
41 Ponce de —
44 Ram's mate
45 Blunder
46 Vast expanse
47 Put into words

## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 7 | | 1 | | | 5 | 9 | |
| 1 | | | | 9 | | 8 | | 7 |
| 8 | | | | 3 | | | | |
| | 5 | 3 | | | 4 | | 6 | |
| | | | | 2 | | | | |
| | 2 | | 3 | | | 7 | 4 | |
| | | | | 5 | | | | 3 |
| 6 | | 7 | | 4 | | | | 8 |
| | 1 | 4 | | | 3 | | 2 | |

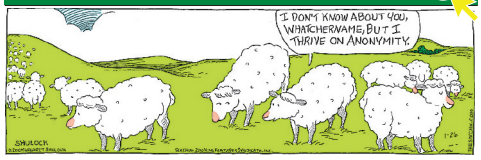
**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| F | I | B | | S | O | L | A | R |
| R | N | A | | C | R | E | T | E |
| A | S | H | T | A | B | U | L | A |
| | | | A | L | I | | A | P |
| M | O | P | P | E | T | | S | E |
| O | H | O | | D | A | M | | D |
| S | I | R | S | | L | A | B | |
| T | O | T | E | M | | G | E | L |
| | | A | V | E | S | | R | E |
| U | N | B | E | N | T | | A | G |
| S | I | L | | S | A | N | T | A |
| E | N | E | | C | R | U | E | T |
| R | E | S | | H | E | S | S | E |

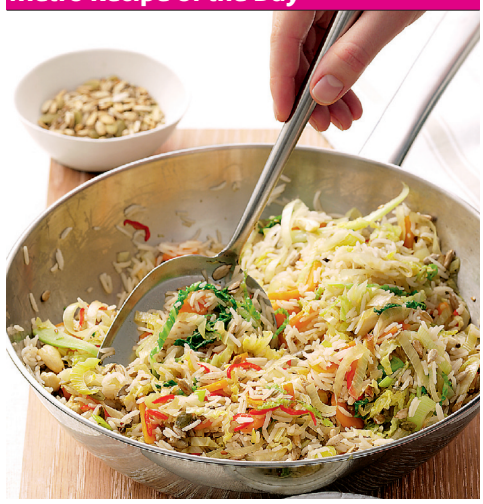
| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 9 | 1 | 8 | 6 | 4 | 5 | 2 | 7 |
| 4 | 7 | 6 | 9 | 5 | 2 | 3 | 1 | 8 |
| 5 | 8 | 2 | 7 | 3 | 1 | 4 | 6 | 9 |
| 8 | 6 | 4 | 3 | 7 | 9 | 2 | 5 | 1 |
| 1 | 3 | 5 | 6 | 2 | 8 | 7 | 9 | 4 |
| 7 | 2 | 9 | 4 | 1 | 5 | 8 | 3 | 6 |
| 6 | 4 | 3 | 2 | 9 | 7 | 1 | 8 | 5 |
| 2 | 1 | 7 | 5 | 8 | 6 | 9 | 4 | 3 |
| 9 | 5 | 8 | 1 | 4 | 3 | 6 | 7 | 2 |

## On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca




## Metro Recipe of the Day



### Glorious Vegetable and Cashew Stir Fry

**INGREDIENTS:**

1 1/3 cups (325 mL) basmati rice, rinsed
2 tbsp (25 mL) soy sauce
1 tbsp (15 mL) dry sherry
2 tsp (10 mL) toasted sesame oil
2 tbsp (25 mL) canola oil
7 1/2 oz (220 g) carrots, peeled, halved lengthwise and thinly sliced
2/3 lb (300 g) leeks, thinly sliced
5 oz (150 g) Savoy cabbage, thinly sliced
1 large garlic clove, crushed
1 large fresh red chili pepper, seeded and sliced
4 tbsp (60 mL) cashews
4 tbsp (60 mL) mixed toasted seeds

**METHOD:**

1. Add rice to pot of boiling water and boil 10 minutes or until grains are tender. Drain. Meanwhile, mix soy sauce, sherry and sesame oil in small bowl and set aside.
2. While rice is cooking, heat wok with canola oil and stir-fry carrots and leeks 2-3 minutes or until softened. Add cabbage, garlic and chili pepper, and stir-fry 2-3 minutes. Stir in soy sauce mixture and cashews. Season to taste.
3. Mix hot rice into wok or pan. Sprinkle with seeds and fork through.

**SERVES 4**

**rd.ca**

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

## Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

**ARIES** ♈
MARCH 21-APRIL 20
You will have to hold a friend's hand and walk them through a situation they do not feel comfortable with.

**TAURUS** ♉
APRIL 21-MAY 21
Keep your thoughts to yourself today, especially if you have to deal with people whose friendship you are not entirely sure of.

**GEMINI** ♊
MAY 22-JUNE 21
Others will heap all sorts of extra duties and responsibilities on your shoulders if you let them. So don't let them.

**CANCER** ♋
JUNE 22-JULY 22
You may not know why you have reached a certain conclusion but if your inner voice tells you it is right you must not ignore it.

**LEO** ♌
JULY 23-AUG 23
If someone lets you down over the next 24 hours your best course of action by far is to forgive them. This is no time to hold grudges.

**VIRGO** ♍
AUG 24-SEPT 22
You may have a dozen or more things on the go right now but you thrive when the pressure is on. Know when, and how, to say No.

**LIBRA** ♎
SEPT 23-OCT 23
Try not to get annoyed with people whose assistance you may need in the very near future. You need allies, not enemies.

**SCORPIO** ♏
OCT 24-NOV 22
With Mars, planet of aggression, moving through the career area of your chart at the moment you will find it easy to defend your interests.

**SAGITTARIUS** ♐
NOV 23-DEC 21
Some people will go out of their way to gain an advantage at your expense today, but only if they think you have let down your guard.

**CAPRICORN** ♑
DEC 22-JAN 20
Someone is angry with you today, and you honestly don't have the faintest idea why. Don't make matters worse by getting angry too.

**AQUARIUS** ♒
JAN 21-FEB 18
Someone is counting on you to ride to their rescue and, of course, you will do what you can to help them. But who will rescue you?

**PISCES** ♓
FEB 19-MARCH 20
Don't waste a lot of time and energy today trying to explain to people why you are taking a certain course of action — just get on with it.

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**For the latest information, visit us at pontiac.gm.ca, drop by your local Pontiac Buick GMC Dealer or call us at 1-800-GM-DRIVE.** ♦$4,350/$1,850 is a manufacturer to dealer delivery credit for 2010 Pontiac G5 SE/G3 (5-door) reflected in offers in this advertisement. ◆◆$500 gold medal bonus cash is a manufacturer to dealer delivery credit (tax exclusive) and is reflected in offers in this advertisement. Offer available on all 2009/2010 Chevrolet Pontiac Buick GMC and Cadillac models excluding all Hummer, Saturn and Saab models, Camaro, Express/Savana, Corvette ZR1 and Medium Duty Trucks.*Offer applies to the purchase of 2010 Pontiac (G5 SE Coupe or Sedan R7C/G3 5-door 1SA). ‡Financing on approved TD Bank credit only. 4.29% purchase financing for 84 months available on 2010 Pontiac (G5 SE Coupe or Sedan R7C/G3 5-door 1SA). Example: $10,000 at 4.29% for 84 months, the monthly payment is $138.03. Cost of borrowing is $1,594.52. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Taxes are not included for bi-weekly payment. Bi-weekly payments based on a purchase price of $16,498/$12,888 with $0 down payment.♦/◆◆/‡Freight ($1,350/$1,350), registration, air and tire levies and OMVIC fees are included. Insurance, license, PPSA, administration fees and applicable taxes are not included. Offers apply as indicated to the purchase or finance of 2010 new or demonstrator models of the vehicle equipped as described. Dealer order or trade may be required. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. At some dealers, the vehicles in this advertisement are only available with additional features at slightly higher prices. Ask your dealer for details. Δ2010 Pontiac G5 SE (2AL69/2AL37 1SA + MX0) with 2.2L ECOTEC® VVT engine and 4-speed automatic transmission. ▼▼To qualify for GM Canada's Cash For Clunkers incentive, you must qualify for the Retire Your Ride Program, supported by the Government of Canada, and you must turn in a 1995 model or older vehicle that is in running condition and has been registered and insured for the last 6 months (12 months in B.C.). Upon Government confirmation of vehicle eligibility under the "Retire Your Ride Program". GM Canada will provide an incentive towards the purchase or lease of a new 2009 or 2010 GM vehicle, excluding Medium Duty trucks, in an amount ranging from $500 to $3,000, depending on the model purchased. Incentive applied after taxes. If you successfully complete the "Retire Your Ride" program, you will be eligible for a $300 cash incentive. By participating in this program you will not be eligible for any trade-in value for your vehicle. GM Canada's Cash For Clunkers incentive is only available to customers who take delivery between January 12, 2010 and March 1, 2010. GM Canada's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca for more information. ◇Based on 2010 Pontiac G5 SE with 2.2L ECOTEC® VVT engine and 4-speed automatic transmission when equipped with optional 16-in. aluminum wheels. Star ratings are only available on vehicles with 4 wheel ABS. Star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2010 Pontiac G5 received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. ††Podium Edition Package includes 18-in. aluminum wheels, fog lamps, body-colour rear spoiler, Podium Edition badging and unique interior trim. Some conditions apply. ***Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $599 for administration fees and/or fuel charges. ^5 years/160,000 km (whichever comes first) Powertrain Component Limited Warranty. Roadside Assistance and Courtesy Transportation Coverage are also provided. See dealer for limited warranty details. Excludes medium-duty trucks. ▲Based on 2010 Pontiac G3 SE with 1.6L ECOTEC® engine and 5-speed manual transmission. ▲▲Based on 2010 Pontiac G3 SE with 1.6L ECOTEC® engine and 4-speed automatic transmission. Some conditions apply. Visit your dealer for details. ◇◇Based on 2010 Pontiac G3 SE with 1.6L ECOTEC® engine and 5-speed manual transmission when equipped with optional 14-in. aluminum wheels. Star ratings are only available on vehicles with 4 wheel ABS. Star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2010 Pontiac G3 received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. Some conditions apply. Visit your dealer for details. ΔΔ2010 Pontiac G3 SE with 1.6L ECOTEC® engine and 5-speed manual transmission. Some conditions apply. Visit your dealer for details. Δ2010 Pontiac G3 SE with 1.6L ECOTEC® engine and 4-speed automatic transmission. Some conditions apply. Visit your dealer for details. Offer available to residents of Canada, excluding Quebec, who purchase or lease a new 2010 Pontiac G5 SE/G3 (5-door) from retail inventory delivered and registered between January 12, 2010 and March 1, 2010. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. At some dealers, the vehicles in this advertisement are only available with additional features at slightly higher prices. Ask your dealer for details. Offer available on all 2009/2010 Chevrolet Pontiac Buick GMC and Cadillac models excluding all Hummer, Saturn and Saab models, Camaro, Express/Savana, Corvette ZR1 and Medium Duty Trucks. Offer applies to the purchase of 2010 Pontiac (G5 SE Coupe or Sedan R7C/G3 5-door 1SA). Example: $10,000 at 4.29% for 84 months, the monthly payment is $138.03. Cost of borrowing is $1,594.52. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Taxes are not included for bi-weekly payment. Bi-weekly payments based on a purchase price of $16,498/$12,888 with $0 down payment. 

# AIR CANADA VACATIONS

# GREAT deals starting at $659

+Taxes & other fees (including service charges): $222

## CUBA

### Cayo Coco/Cayo Guillermo

NH Krystal Laguna Villas & Resort • 4★
All-Inclusive • Club laguna rm.
Feb. 5, 6 & 7 • 1 wk.
$659
+Taxes & other fees (including service charges): $222
Please add $50 for Sat. & Sun. departures
Departure tax: 25 CUC cash, paid locally

### Varadero

Barceló Marina Palace • 4 1/2★
All-Inclusive • Junior suite
Jan. 31, Feb. 1 & 4 • 1 wk.
$799
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

## DOMINICAN REPUBLIC

### La Romana

Gran Bahia Principe La Romana • 4 1/2★
All-Inclusive • Junior suite
Jan. 30 & Feb. 6 • 1 wk.
$829
+Taxes & other fees (including service charges): $305

### Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Feb. 4 • 1 wk.
$869
+Taxes & other fees (including service charges): $305

## ST. MARTIN/ST. MAARTEN

Sonesta Maho Beach Resort & Casino • 4★
Breakfast • Supersaver rm.
Mar. 6, 20 & 27 • 1 wk.
$1079
+Taxes & other fees (including service charges): $227

## MEXICO

### Puerto Vallarta

Dreams Villamagna Nuevo Vallarta • 4 1/2★
All-Inclusive
Junior suite tropical view
Mar. 8, 9 & 10 • 1 wk.
PRIVILEGES
$1539
+Taxes & other fees (including service charges): $273

## DEAL on CRUISES

### Carnival Cruise Line[1]

Carnival Victory
Southern Caribbean Cruise
Flights to San Juan
Inside stateroom, cat. 4A
Apr. 4 • 1 wk.
$1279
+Taxes & other fees (including service charges): $270

### Celebrity Cruises[2]

Celebrity Summit℠
Southern Caribbean Cruise
Flights to San Juan
Balcony, cat. 2A
Mar. 27 & Apr. 3 • 1 wk.
$1619
+Taxes & other fees (including service charges): $272

## This Valentine's, love is in the air

### London

Hotel Ibis London Earls Court • 3★
Breakfast • Standard rm.
Mar. 4 & 5 • 3 nts.
$599
+Taxes & other fees (including service charges): $406

## Save up to 30% to London & Paris[3]

Book between Jan. 22 and Feb. 15, 2010 for travel from Jan. 22 and completed by Mar. 31, 2010.

## SUPERCLUBS RESORTS

### NASSAU | Bahamas

**Breezes Resort, Bahamas • 3★**
Super-Inclusive
Deluxe garden view rm.
Apr. 10–14, 17–20 & 24–28 • 3 nts.
$939
+Taxes & other fees (including service charges): $89

### JAMAICA

**Hedonism III • 3 1/2★**
Super-Inclusive
Pool view rm.
Mar. 1–9 • 1 wk.
$1499
+Taxes & other fees (including service charges): $275

Fly in style – Upgrade to Executive Class® service

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FREE advance seat selection and exclusive features

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Earn up to 7,000 Aeroplan® Miles per member†

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Call 1 866 529-2079 or your travel agent

Prices in this ad are in Canadian dollars and are valid for bookings made between Jan. 26 & 30, 2010, inclusive, unless otherwise stated. Prices are per person based on double occupancy, unless otherwise stated, from Toronto - Pearson International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #50013537. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Toronto to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Carnival Cruise Lines ships' registry: The Bahamas and Panama. [2]Celebrity Cruises Inc. ships' registry: The Bahamas and Ecuador. [3]Air & Hotel packages of three nights or more to London and Paris only. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

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